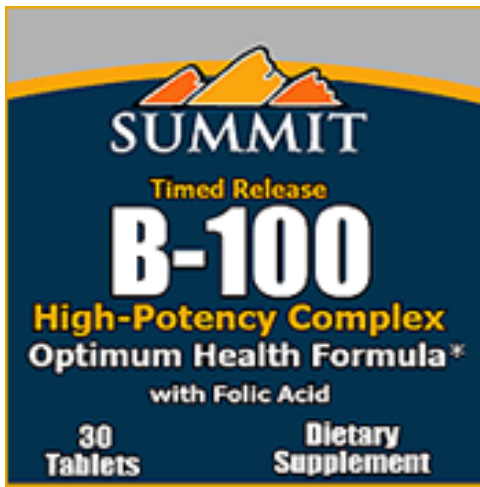




www.summitvitamin.com



The Vitamin B family is one of the most daily depleted groups of vitamins in the body by various reasons ranging from stress, to lack of proper nutrition. Being water soluble, it's also rapidly depleted through glands and elimination.

Requirements of B-Complex or individual B-Vitamins will vary considerably depending on lifestyle and nutritional needs. It's best to find a supplement that consists of a balance B complex to cover the wide range individual needs.

Available in 30, 60, and 90 count bottles.

Suggested Use: As a dietary supplement, take one (1) tablet daily preferably with meals.

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 90

	Amount Per Serving	% Daily Value†
Vitamin B1 (as thiamine Hcl)	100mg	6666%
Vitamin B2 (as riboflavin)	100mg	5882%
Vitamin B6 (as pyridoxine Hcl)	100mg	5000%
Vitamin B12 (as cob. concentrate)	100mcg	1667%
Pantothenic Acid (as d-cal. panto)	100mg	1000%
Niacin (as niacinamide)	100mg	500%
Folic Acid	400mcg	100%
Biotin	100mcg	33%
Choline (as Bitartrate)	100mg	*
Inositol	100mg	*
PABA (para-aminobenzoic acid)	100mg	*

†Percent Daily Values based on a 2,000 calorie diet.

*Daily Value not established.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.