



# B-Complex

Supports the body's performance



## GET TO KNOW B-COMPLEX

The B vitamins are vital for proper bodily function, as they help convert food into energy for your cells. There are eight essential B vitamins, and they work best when they work together. The typical American diet doesn't provide enough whole grains, leafy green vegetables, and fish needed to provide 100% of the Daily Value.

B-Complex offers a **perfect balance of all eight B vitamins** to fortify your body, filling in nutritional B-vitamin gaps.

### B-Complex:

- Promotes cellular energy production with eight B vitamins that catalyze critical biochemical reactions in the body, including converting the foods we eat into energy\*
- Helps power brain, heart, lungs, and other organs\*
- The eight B vitamins are also essential in carbohydrate, fat, and protein metabolism to create the energy your body needs\*

## IS B-COMPLEX RIGHT FOR YOU?

✓ If you may not be receiving the B vitamins you need through diet alone

## ORDER NOW

**#20194** | B-Complex 120 Softgels  
Suggested Retail Price: \$25.50 | Member Price: \$21.70  
Point Value: 16.65

**#20186** | B-Complex 240 Softgels  
Suggested Retail Price: \$47.95 | Member Price: \$40.75  
Point Value: 31.30

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

## THE SHAKLEE DIFFERENCE



The power of nature,  
unleashed by science.  
Safe. Proven. Guaranteed.

At Shaklee, we are committed to innovating through science and looking to nature for the answers that can provide healthier lives. We ensure the highest quality and safety standards—conducting over 100,000 quality tests per year to ensure our products are safe for you and your family.

### B-Complex

The patented delivery system for folic acid enhances the immediate release of this nutrient in the stomach, making it readily available for absorption.



No artificial flavors, colors, sweeteners, or preservatives added.

### Supplement Facts



	Amount Per Serving	% Daily Value
Serving Size: 2 Tablets	Servings Per Container: 60 (120)	
Calories	5	
Total Carbohydrate	1 g	<1%**
Thiamin (as thiamine mononitrate)	20.25 mg	1,350%
Riboflavin	22.95 mg	1,350%
Niacin (as niacinamide)	270 mg	1,350%
Vitamin B <sub>6</sub> (as pyridoxine hydrochloride)	27 mg	1,350%
Folate (as folic acid)	400 mcg	100%
Vitamin B <sub>12</sub> (as cyanocobalamin)	81 mcg	1,350%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	135 mg	1,350%

\*\*Percent Daily Values are based on a 2,000 calorie diet.

**OTHER INGREDIENTS:** MICROCRYSTALLINE CELLULOSE, TORULA YEAST, HYDROXYPROPYL METHYLCELLULOSE, CROSCARMELLOSE SODIUM, HYDROXYLATED SOY LECITHIN.