

**SUGGESTED USE:** Take 1 tablet per day with a full glass of water and preferably with food.

**CAUTION:** Do not exceed the stated dose.

If you are pregnant, breastfeeding, taking prescription medication or under any medical supervision it is advisable to consult a GP prior to taking any food supplements.

Discontinue use and consult a GP if adverse reactions occur.

Not suitable for persons under the age of 18.

Keep out of reach of children at all times.

Do not use if seal is broken or damaged.

**STORAGE:** Store in a cool, dry place.

For best before end & batch number see side of label.

Food supplements are intended to supplement the diet and should not be regarded as a substitute for a varied diet and a healthy lifestyle.

Bottle made from at least 80% recycled plastic.

Please recycle bottle with cap on.

All our products are subject to our stringent quality assurance.



New Leaf  
products

Based on a  
365 days supply

12\*  
Months  
Supply

# VITAMIN B-COMPLEX

High Strength

CONTAINS ALL ESSENTIAL B VITAMINS



WITH ADDED  
VITAMIN C

365 TABLETS  
FOOD SUPPLEMENT

## Nutritional Information

Serving Size: 1 Tablet

Servings per Container: 365

	Amount per Serving	%RI*
Vitamin C	12mg	15%
Thiamine (B1)	7.75mg	705%
Riboflavin (B2)	5mg	357%
Niacin (B3)	20mg NE	125%
Vitamin B6	10mg	714%
Folic Acid	200µg	100%
Vitamin B12	15µg	600%
Biotin	150µg	300%
Pantothenic Acid (B5)	9.1mg	152%

\* Reference Intake

**Ingredients:** Bulking Agent (Microcrystalline Cellulose), Nicotinamide, Pyridoxine Hydrochloride, Vitamin C (Ascorbic Acid), Thiamine Hydrochloride, Calcium D-Pantothenate, Riboflavin, Anti-Caking Agent (Magnesium Stearate), Folic Acid, D-Biotin, Vitamin B12 (Methylcobalamin)

Thiamine contributes to the normal function of the heart

Riboflavin contributes to normal functioning of the nervous system

Niacin contributes to normal psychological function

Vitamin B12 contributes to the normal function of the immune system

Biotin contributes to the maintenance of normal hair and skin

Vitamin C contributes to normal collagen formation

for the normal function of bones

Manufactured in the UK according to the GMP Code Of Practice for:

New Leaf Products LTD - London - NW4 2ES - United Kingdom

support@new-leaf-products.com

FOR BEST BEFORE END & BATCH NUMBER SEE BELOW:

V05