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Other ingredients: Cellulose, vegetable stearate and silica.

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.4440

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

Suggested Usage: As a dietary supplement, adults take 1 tablet daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #82050

Ultra B-Complex Tablets

A Dietary Supplement

 **DOUGLAS**
LABORATORIES®

100 Tablets

Supplement Facts

Serving Size 1 Tablet • Servings Per Container 100

Amount Per Serving	%DV
Thiamine (Vitamin B-1)	50 mg 3,333%
Riboflavin (Vitamin B-2)	50 mg 2,941%
Niacin/Niacinamide	50 mg 250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg 2,500%
Folic Acid	400 mcg 100%
Vitamin B-12	100 mcg 1,667%
(as Cyanocobalamin)	
Biotin	1,500 mcg 500%
Pantothenic Acid	50 mg 500%
Choline	20.5 mg *
(from 50 mg Choline Citrate/Bitartrate)	
Inositol	50 mg *
PABA (<i>para</i> -Aminobenzoic Acid)	150 mg *

*Daily Value not established.