

# Nutrilite™ Vitamin B Dual-Action 11-0171

**SUGGESTED USE:** Take 1 tablet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 120

	Amount per 1 Tablet	%Daily Value*
Thiamin (as Thiamine Mononitrate)	3 mg	200%
Riboflavin	3.4 mg	200%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B6 (as Pyridoxine Hydrochloride)	4 mg	200%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	6 mcg	100%
Biotin	125 mcg	40%
Pantothenic Acid (as D-Calcium Pantothenate)	20 mg	200%
Spirulina Powder	75 mg	†

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

† Daily Value not established

**OTHER INGREDIENTS:** Microcrystalline Cellulose, Dried Yeast, Lactose, Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Glycerol, Carnauba Wax.