Recommended use: For the maintenance of good health.

Medicinal ingredients: Each tablet contains:
- Vitamin B1 (Thiamine, Thiamine hydrochloride) 1.4 mg
- Vitamin B2 (Riboflavin) 1.8 mg
- Vitamin B3 (Nicotinic Acid) 18 mg
- Vitamin B5 (Pantothenic acid) 6 mg
- Vitamin B6 (Pyridoxine hydrochloride) 2 mg
- Vitamin B12 1 mcg
- Vitamin B7 (Biotin) 150 mcg
- Choline chloride 25 mg
- Folate (Folic acid) 200 mcg

Super B
B-Complex with Rhodiola
B-Complex avec de Rhodiola

Caution/warnings: Consult a health care practitioner prior to use if you are pregnant or breast feeding. Vitamin B12 supplementation can mask a folate deficiency. Consult a health care practitioner if you are uncertain whether or not you are taking adequate folate. Consult a health care practitioner to use if you are taking sulfonamides.

Known adverse reactions: Hypersensitivity (i.e. allergy) has been known to occur due to PABA, in which case, discontinue use. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.

Usage: Pour le maintien d'une bonne santé.

Ingrédients médicinaux: Chaque comprimé contient:
- Vitamin B1 (Thiamine, Thiamine hydrochloride) 1.4 mg
- Vitamin B2 (Riboflavin) 1.8 mg
- Vitamin B3 (Nicotinic Acid) 18 mg
- Vitamin B5 (Pantothenic acid, Calcium D-pantothenate) 6 mg
- Vitamin B6 (Pyridoxine hydrochloride) 2 mg
- Vitamin B12 1 mcg
- Vitamin B7 (Biotin) 150 mcg
- Choline chloride 25 mg
- Folate (Acide folique) 200 mcg

Non-medicinal ingredients: Stearic acid, magnesium stearate, silicon dioxide, gelatin (beef gelatin).

Recommended dose (adults): Take one tablet a day as directed by a health care practitioner.

Keep at room temperature in a dry, dark place. Keep out of reach of children. Safety sealed for your protection.

PABA (Para amino benzoic acid) 25 mg
Rhodiola (Rhodinia rosea; 3% Rosavin, roseone) 100 mg

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Only available from health care practitioners.
Seul disponible via un professionnel de la santé.