



# Super B™ tablets

Super B tablets contain all eight B vitamins and bioavailable minerals to help support a healthy mood and maintain normal energy levels.\*

**Product Size:** 60 ct.

**Item No.:** 3240

Feeling less than super? Here's a super blend of essential B vitamins to help fuel your inner powerhouse. Super B tablets feature a natural folate source derived from lemon peels and methylcobalamin, a source of B12 that's easy for your body to absorb. Combined with Nutmeg essential oil and bioavailable chelated minerals such as magnesium, manganese, selenium, and zinc, these trusty little tablets give you the boost you need to keep being extraordinary.

## CERTIFICATIONS



## FEATURES & BENEFITS

- Helps support a healthy mood with all eight B vitamins\*
- Maintains healthy energy levels\*
- Supports healthy cardiovascular function\*
- Supports cognitive function\*

## DIRECTIONS

- Take 2 tablets daily with a meal.

# Super B™ tablets

## INGREDIENTS

Calcium (as dicalcium phosphate), Cellulose, Magnesium (as magnesium bisglycinate chelate), Stearic acid, Modified cellulose, Vitamin B6 (as pyridoxine hydrochloride), Vitamin B3 (as niacinamide), Vitamin B1 (as thiamine hydrochloride), Vitamin B2 (as Riboflavin), Diglycerides, PABA (Para amino benzoic acid), Biotin, Vitamin B5 (as d-calcium pantothenate), Zinc (as zinc glycinate chelate), Food glaze coating (Shellac), Vitamin B12 (as methylcobalamin), Vitamin B9 (Natural folic acid from Citrus limon extract), Silicon dioxide, Selenium (as selenium glycinate), Vitamin B3 (as nicotinic acid), Nutmeg (*Myristica fragrans*) kernel essential oil, Manganese (as manganese glycinate)

## SAFETY

Keep out of reach of children. If you are pregnant, nursing, taking medication, or have a medical condition, consult a health professional prior to use. If taken on an empty stomach, you may experience a temporary niacin flush/warming sensation.

## Supplement Facts

Serving Size 2 Tablets  
Servings Per Container 30

	Amount Per Serving	%DV
Thiamin (as thiamine HCl)	25 mg	2083%
Riboflavin	25 mg	1923%
Niacin (as nicotinic acid and niacinamide)	35 mg	219%
Vitamin B6 (as pyridoxine HCl)	25 mg	1471%
Folate	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	100 mcg	4167%
Biotin	164 mcg	547%
Pantothenic acid (as d-calcium pantothenate)	15 mg	300%
Calcium (as dicalcium phosphate)	160 mg	12%
Magnesium (as magnesium bisglycinate chelate)	10 mg	2%
Zinc (as zinc bisglycinate chelate)	3.4 mg	27%
Selenium (as selenium glycinate complex)	50 mcg	91%
Manganese (as manganese bisglycinate chelate)	0.65 mg	28%

**Proprietary Super B™ Blend:** 30 mg \*\*  
PABA (Para amino benzoic acid), Nutmeg (*Myristica fragrans*)†  
seed oil

\*\*Daily Value (DV) not established.

## PAIRS WELL WITH



Immugummies™  
supplement  
Item No. 44029



Super Vitamin D™  
Item No. 28972



Green Omega 3™  
softgels  
Item No. 44024



NingXia Red®  
beverage  
Item No. 3042