



WE SUPPLEMENT THE FIT TO BECOME THE FITTEST

**B-VITAMINS** play a pivotal role in overall health and wellbeing. B-vitamins are considered to be the building blocks of a healthy, functioning body, encouraging positive energy levels, cellular function, brain and heart health.\* Swolverine's B-COMPLEX tablets contain a robust amount of B-vitamins, in addition to Choline, Inositol, and Biotin, which are beneficial branches of the B-Vitamin family.

**SUGGESTED USE** 1 tablet daily preferably with a meal or as directed by a healthcare professional.

**CAUTION** Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

**KEEP OUT OF THE REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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# B-COMPLEX

VITAMIN B COMPLEX + BIOTIN + CHOLINE + INOSITOL

**SUPPORTS  
ENERGY\*  
BRAIN HEALTH\*  
HEART HEALTH\***

**30**  
TABLETS

# SWOLVERINE



DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container: 30

Amount Per Serving	%Daily Value	
Thiamin (as thiamin mononitrate)	100 mg	8,333%
Riboflavin	100 mg	7,692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (as pyridoxine HCl)	100 mg	5,882%
Folate	670 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	40 mg	8%
Inositol	100 mg	**
para-Aminobenzoic acid	100 mg	**

\*\*Daily Value not established.

**Other ingredients:** Calcium carbonate, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, hydroxypropyl methylcellulose, silicon dioxide, watercress powder and parsley leaf powder.

Manufactured for:  
**Swolverine**  
4690 Longley Ln., STE 15  
Reno, NV 89502



Sourced from a GMP certified facility. Formulated in USA.