



The Internal Fitness™ Company

Power

Vitamin B Complex

Promote Energy Production
& Nervous System Health*

90 Tablets
Dietary Supplement

Warning: Keep out of the reach of children.

* 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.

Caution: Consult with your health care practitioner before using this product, especially if you are pregnant, nursing, anticipate surgery, taking any medications on a regular basis or are otherwise under medical supervision.

Storage: Keep tightly closed. Store in a dry place and avoid excessive heat.

Our supplements are produced at an FDA registered, GMP compliant facility and contain no harmful fillers. They are vegetarian and not tested on animals.



Directions for use: For Adults only. Adults take one (1) tablet per day with meal or liquid.

SUPPLEMENT FACTS

Serving Size: One (1) Tablet

Servings Per Container: 90

Amount Per Serving	% Daily Value	
Thiamine (as Thiamine HCl) (Vitamin B1)	50 mg	4,167%
Riboflavin (Vitamin B2)	50 mg	3,846%
Niacin (Vitamin B3)	10 mg NE	63%
Vitamin B6 (as Pyridoxine Hydrochloride)	50 mg	2,941%
Folate (as Folic Acid) (Vitamin B9)	666 mcg DFE (Folic Acid 400 mcg)	166%
Vitamin B12 (as Cyanocobalamin)	50 mcg	2,083%
Biotin	300 mcg	1000%
Pantothenic Acid	10 mg	200%
Choline (DL Choline Bitartrate)	100 mg	18%
Inositol	100 mg	†

† Daily value not established

Other Ingredients: Dicalcium Phosphate Dihydrate, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid Food Grade (Vegetarian), Pharmaceutical Glaze, Magnesium Stearate (Vegetarian), Silicon Dioxide.

Formulated To Exclude: Gluten, Wheat, Soy, Dairy or Lactose, Yeast, Corn, Egg, Nuts, Fish, Crustacean Shellfish

Manufactured Exclusively For Ixcela, Inc.

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