Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to the UK market

**FRONT LABEL**

Vitamin B Complex (Or own Product Name - take care not to breach legislation with particular regards to claims)

**Food Supplement** with B Vitamins and PABA.

(Multiple Claims to Choose From.) Claims Can appear anywhere on pack. You should include at least one approved health claim on pack as this helps to justify more generic claims such as ‘healthy’.

Niacin contributes to normal energy-yielding metabolism

Vitamin B6 contributes to the reduction of tiredness and fatigue  
Vitamin B12 contributes to the normal function of the immune system  
Thiamine contributes to the normal function of the heart  
Riboflavin contributes to normal functioning of the nervous system

You can search for other Nutrition & Health Claims approved for use in the UK here https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm\_medium=email&utm\_campaign=govuk-notifications&utm\_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm\_content=weekly

SUITABLE FOR VEGETARIANS & VEGANS

Food Supplement

120 Capsules

**BACK LABEL**

**Directions:**

Adults, take 1 capsule per day with food and water, at least 4 hours before bedtime.

Do not exceed recommended intake.

**Product Information:**   
*One capsule typically provides:*

|  |  |  |
| --- | --- | --- |
|  |  | % NRV\* |
| Vitamin B1 (Thiamin) | 1.4mg | 127 |
| Vitamin B2 (Riboflavin) | 1.6mg | 114 |
| Vitamin B3 (Niacin) | 18mg NE | 113 |
| Vitamin B6 | 2mg | 143 |
| Vitamin B9 (Folic Acid) | 200µg | 100 |
| Vitamin B12 | 2.5µg | 100 |
| Biotin | 150µg | 300 |
| Vitamin B5 (Pantothenic Acid) | 6mg | 100 |
| PABA | 30mg | N/A |

\*NRV = EU Nutrient Reference Value

**Ingredients:**

Bulking Agent: Maltodextrin, Capsule Shell: Hydroxypropyl Methylcellulose, Para-Aminobenzoic Acid, Niacin (as Nicotinamide), Pantothenic Acid (as Calcium Pantothenate), Anti-Caking Agent: Magnesium Stearate, Vitamin B6 (as Pyridoxine Hydrochloride), Thiamin (as Hydrochloride), Riboflavin, Folic Acid, Biotin, Vitamin B12 (as Cyanocobalamin).

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for children, pregnant or lactating women.You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-433$front

Back Label: PL-433$back

**Label Size**

970px x 1655px at 600DPI (that's 84mm x 140mm)

Version Control:

|  |  |  |  |
| --- | --- | --- | --- |
| **Version** | **Date** | **Change** | **Author:** |
| V1 | Pre Jan 19 |  | JN |
| V2 | 07.01.19 | Review | KA |
| V3 | 14.04.20 | Allergen Statement | JN |
| v4 | 8/2/24 | remove extra label info | FN |