

**DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPLET DAILY, PREFERABLY WITH A MEAL.** As a reminder, discuss the supplements and medications you take with your health care providers.

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg 6,667%
Riboflavin (Vitamin B-2)	100 mg 5,882%
Niacin (as Niacinamide)	100 mg 500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg 5,000%
Folic Acid	100 mcg 25%
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1,667%
Biotin (as d-Biotin)	100 mcg 33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 1,000%

Proprietary Blend 100 mg \*\*  
(Inositol, PABA (Para-Aminobenzoic Acid), Choline Bitartrate, Parsley  
Leaf Powder, Rice Bran Defatted Powder, Watercress Leaf Powder,  
Alfalfa Leaf Powder, Soy Lecithin Granules)

\*\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Silica, Calcium Silicate,  
Vegetable Magnesium Stearate.

**Sundown**  
*Naturals*<sup>®</sup>

HIGH POTENCY

**B100<sup>®</sup>**  
COMPLEX

*"Yeast Free"*

Promotes Energy  
Metabolism &  
Nervous System Health\*

COATED  
FOR EASY  
SWALLOWING

VEGETARIAN FORMULA

60 CAPLETS MULTIVITAMIN SUPPLEMENT

## Smart Facts

The B Complex is made up of several vitamins that work well together to support nervous system health.\* B Complex vitamins also promote energy metabolism.\* Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well-being.\*

\*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.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

**KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE  
AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT  
USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**



Questions? Call toll free 1-888-VITAHHELP (848-2435)  
or visit us at [www.sundownnaturals.com](http://www.sundownnaturals.com)

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