

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

**Daily Value not established.

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

Sundown
Naturals

HIGH POTENCY

B100[®]
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-VITAHELP (848-2435)

or visit us at www.sundownnaturals.com

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