

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy.

Your health & safety are our first priority!

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. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

*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.

TO REORDER PROD. # 2813
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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VITAMIN WORLD[®]
get healthy.

MEGA

B-100[®]

TIMED RELEASE

*Promotes Energy Metabolism**
*Supports Heart Health**

250

Vegetarian Vitamin Supplement

COATED CAPLETS

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

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	400 mcg	100%
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%
PABA (Para-Aminobenzoic Acid)	100 mg	**
Inositol	100 mg	**
Choline Bitartrate	100 mg	**
Proprietary Blend (Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran)	1 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.