

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.

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*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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MEGA
B-100®
TIMED RELEASE
*Promotes Energy Metabolism**
*Supports Heart Health**
250 COATED CAPLETS
Vegetarian Vitamin Supplement

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.