

ACTUAL SIZE



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Made in the U.S.A.

Manufactured by NOW FOODS, Bloomington, IL 60010

CAUTION: PLEASE DISCARD THE INEDIBLE FRESHNESS PACKET ENCLOSED.

SUGGESTED USAGE: As a dietary supplement, take one capsule daily, preferably with meals.
B-100 Caps are a blend of key B vitamins, combined with other nutritional factors for enhanced synergism. This formula provides recommended potencies of the most important B vitamins and is designed to supply your body's required daily intake in one complete supplement. Look for this and other fine NOW® products in health food stores nationwide.

B-100 Caps

High Potency B-Complex

100 Capsules

A Dietary Supplement



Supplement Facts

Serving Size: 1 Capsule

	Amount Per Serving	%Daily Value
Thiamine (as Thiamine HCl) (Vitamin B-1)	100 mg	6670%
Riboflavin (Vitamin B-2)	100 mg	5880%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine HCl)	100 mg	5000%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1670%
Biotin	100 mcg	30%
Folic Acid	400 mcg	100%
Pantoic Acid (as Calcium Pantothenate)	100 mg	1000%
PABA	10 mg	†
Choline Bitartrate	100 mg	†
Inositol	100 mg	†

† Daily Value not established

Other ingredients: Gelatin (capsule), Magnesium Stearate and Silica.
Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, egg or milk.