

CAPSULE SIZE

Made in the USA



CODE 0436 V4

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.
Do Not Eat Freshness Packet. Keep in Bottle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 1 capsule daily with a meal. Consider taking these other NOW® products: Relora®, Super Cortisol Support and Tru-C BioComplex™.

B-100 Caps provide a full complement of B-Vitamins plus Choline and Inositol. Together, these vitamins work to support energy production, maintain healthy serum levels of homocysteine and promote a healthy nervous system. B-Vitamins are water soluble and with the exception of B-12, they are not stored in the body. They thus require daily replenishment. While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy). Therefore, supplementation with B-12 may be especially important for vegetarians.*

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- B-Complex for Maximum Effectiveness
- Supports Energy Production*

100 Capsules

A Dietary Supplement



B-100

NERVOUS SYSTEM HEALTH

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Thiamin (from Thiamine HCl) (Vitamin B-1)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (from Calcium Pantothenate)	100 mg	1000%
Choline (from 100 mg Choline Bitartrate)	40 mg	†
Inositol	100 mg	†
PABA	10 mg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

Formulated & Distributed by NOW FOODS

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For more product information visit www.nowfoods.com/0436

Not manufactured with yeast, wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that process other ingredients containing these allergens. Store in a cool, dry place after opening. Please Recycle.