Do not accept if seal is broken. Product No. **6430**
Store between 59°-86° F. Keep out of the reach of children.

This product has been formulated in a special base to release its nutrients over a prolonged period of time.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Yeast, wheat, soy, gluten, milk, salt, preservatives or artificial color.

This product has been manufactured at an NSF GMP Registered facility.

Lot No:

Best by:

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B VITAMINS

TIME RELEASE

SUPER POTENCY HI-B100

Balanced B Complex

Gluten-Free
Dietary Supplement
50 Tablets

Certified GF Gluten-Free

Country Life®

Directions: Adults take one (1) tablet daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving		% Daily Value
Thiamin (vitamin B1) (as thiamine hydrochloride)	100 mg	6,667%
Riboflavin (vitamin B2)	100 mg	5,882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B12 (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 (from 100 mg of choline bitartrate)	46 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, maltodextrin, starch, cellulose & glycerin coating, magnesium stearate, silica, vanilla, vegetable glaze.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 • CountryLifeVitamins.com