

Do not accept if seal is broken. Product No. 6431

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.*



American Vegetarian Association



Gluten-Free



B VITAMINS

TIME RELEASE

SUPER POTENCY HI-B-100

Balanced B Complex

100 Tablets

Dietary Supplement

Best by:



Certified
Gluten-Free



Directions: Adults, take one (1) tablet daily with food. 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 B-1)(as thiamine hydrochloride) ...	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 (from 100 mg of choline bitartrate)	46 mg *

* Daily Value not established.

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

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.

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