

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's B-Complex 100 Capsules contain a full spectrum of high potency B vitamins in their purest form. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by

Bluebonnet Nutrition Corporation
12915 Dairy Ashford, Sugar Land, TX 77478 USA
www.bluebonnetnutrition.com

0418H



Bluebonnet



B-Complex 100

High Potency B-Complex
Easy-To-Swallow Capsules
Dietary Supplement



100 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin B1 (as thiamin mononitrate)	100 mg	8333
Vitamin B2 (as riboflavin)	100 mg	7692
Vitamin B3 (as niacinamide)	100 mg	625
Vitamin B6 (as pyridoxine HCl)	100 mg	5882
Folate (as 400 mcg folic acid)	667 mcg DFE	167
Vitamin B12 (as cyanocobalamin)	100 mcg	4167
Biotin	100 mcg	333
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2000
Choline (as bitartrate)	41 mg	7
Inositol	100 mg	*
PABA (para-aminobenzoic acid)	50 mg	*

* Daily Value not established.