

List No. 1637
L200
Cat. 616
5A004



Balanced B-100 Complex

TIMED RELEASE

DIETARY SUPPLEMENT
60 TABLETS

**Helps Convert Food
Into Cellular Energy[†]**

[†]This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value
Thiamin (Thiamin Mononitrate) 100 mg	6667%
Riboflavin 100 mg	5882%
Niacin (Niacinamide) 100 mg	500%
Vitamin B ₆ (Pyridoxine Hydrochloride) 100 mg	5000%
Folic Acid 400 mcg	100%
Vitamin B ₁₂ (Cyanocobalamin) 100 mcg	1667%
Biotin 100 mcg	33%
Pantothenic Acid (d-Calcium Pantothenate) 100 mg	1000%
Calcium (as Dibasic Calcium Phosphate) 67 mg	7%

OTHER INGREDIENTS: Cellulose Gel, Hypromellose, Stearic Acid, Magnesium Stearate, Silicon Dioxide, Croscarmellose Sodium, Polyethylene Glycol.

Distributed by: **Nature Made Nutritional Products**
Mission Hills, CA 91346-9606, U.S.A. 1-800-276-2878 • www.NatureMade.com

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**B VITAMINS HELP CONVERT FOOD
INTO CELLULAR ENERGY[†]**

B vitamins are also necessary for normal functioning of the nervous system.[†]

**No Color Added • No Artificial Flavors
No Preservatives • No Yeast or Starch
Gluten Free**

SUGGESTED USE: Take one tablet daily with a meal.

For easier swallowing, take with water before and during ingestion. Keep bottle tightly closed. Store in a cool, dry place, out of reach of children.

CAUTION: Consult a physician before use if you are taking any prescription medications, including anticonvulsants.

Do not use if imprinted seal under cap is broken or missing.

**Lot.:
Exp.:**