

Directions: Take 1 tablet daily as a dietary supplement or as directed by a healthcare professional.

KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light and moisture.
Store in a cool, dry place.

MADE IN THE U.S.A.

† 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.



NO SUGAR, STARCH, WHEAT, MILK, ARTIFICIAL
COLORS, FLAVORS OR PRESERVATIVES

FOODS PLUS.

Since 1962

Super B-100

balanced b complex

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

high potency formula

supports energy & nervous system[†]

60
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Thiamin (as thiamin HCl)	100 mg	6,667%
Riboflavin	100 mg	5,882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B ₆ (as pyridoxine HCl)	100 mg	5,000%
Folate (as folic acid)	400 mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic acid (as D-calcium pantothenate)	100 mg	1,000%
Choline bitartrate	100 mg	*
Inositol	100 mg	*
PABA	100 mg	*
Food Based Nutrients	0.6 mg	*
Alfalfa leaf, brewer's yeast, soy lecithin, parsley leaf, rice bran, watercress leaf		

*Daily value not established.

Other ingredients: Microcrystalline cellulose, plant-cellulose, dicalcium phosphate, magnesium stearate, silica, croscarmellose sodium and pharmaceutical grade CO-MAN-5-001

Distributed by: Foods Plus®
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