

DIETARY SUPPLEMENT



B•COMPLEET•100

VITAMIN B COMPLEX

250 TABLETS

2072 - 1b

B•COMPLEET•100 PROVIDES THE PRINCIPAL B-VITAMINS IN A BALANCED HIGH-POTENCY FORMULATION.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Thiamin (Vitamin B-1)(as thiamin mononitrate)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine hydrochloride)	100 mg	5000%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Choline (as choline bitartrate)	100 mg	☆
Inositol	100 mg	☆
PABA (as para-aminobenzoic acid)	100 mg	☆
☆ Daily Value (DV) not established.		

Other Ingredients: Microcrystalline cellulose, alginic acid, croscarmellose sodium, dicalcium phosphate, stearic acid (veg.), silicon dioxide, magnesium stearate (veg.), pharmaceutical glaze, watercress powder, parsley powder, spinach powder.

Directions: Adults take one tablet daily, preferably at mealtime. Keep bottle tightly closed. Store away from heat and moisture.

Natural color. Starch-free. Preservative-free. Milk-free. Soy-free. Corn-free. Wheat-free. Salt-free. Sugar-free. Cellulose-coated. Yeast-free. Gluten-free.

Warning: Do not take if you are pregnant or lactating.

This timed-release formula is prepared to disintegrate over a period of up to 1 hour. Best when used within 1 year of first opening bottle.

POTENCY AND QUALITY GUARANTEED

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