

 *Health through the power of nature,
that's what it means to Trust the Leaf.®*

B-Vitamins are essential to the conversion of cellular energy, manufacture of hormones and proteins, and maintenance of nerve structures.* Our B-100 Complex is carefully tested and produced to superior quality standards.

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either is broken or missing. Store in a cool, dry place.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial colors, flavors, or preservatives.

◆ LN40521.A01 BLK8035A



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

PREMIUM  **QUALITY**

B-100 Complex



ENERGY & NERVES*

100 Capsules / with B2 Coenzyme

DIETARY SUPPLEMENT

Recommendation: Take 1 capsule daily, preferably with food. If pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% DV
Thiamin (Vitamin B1)	100 mg	8,333%
Riboflavin (Vitamin B2/ Riboflavin 5-phosphate)	100 mg	7,692%
Niacin (as Niacinamide)	100 mg	625%
Vitamin B6 (as Pyridoxine HCl/ pyridoxal 5-phosphate)	50 mg	2,941%
Folate (Vitamin B9)	668 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium d-pantothenate)	100 mg	2,000%
Choline (as Choline bitartrate)	25 mg	5%
Inositol	100 mg	**

**Daily Value (DV) not established.

Other ingredients: gelatin (capsule), cellulose, magnesium stearate

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Questions? 1-800-9NATURE / naturesway.com