

swanson.com  
or call 1-800-437-4148

- Promotes nervous system, immune and cardiovascular health
- Supports neurotransmitter production for a positive mood
- Protects against stress-induced nutrient depletion

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one capsule per day with water.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



SWANSON®

# Balance B-100 Complex

Energy and Metabolism

HIGH-POTENCY

VITAMIN SUPPLEMENT | 300 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Thiamin USP (vitamin B-1) (as thiamin HCl)	100 mg	8,333%
Riboflavin USP (vitamin B-2)	100 mg	7,692%
Niacinamide USP	100 mg NE	625%
Vitamin B-6 USP (from pyridoxine HCl)	100 mg	5,882%
Folate (400 mcg folic acid)	665 mcg DFE	166%
Vitamin B-12 USP (as cyanocobalamin)	100 mcg	4,167%
Biotin USP	100 mcg	333%
Pantothenic Acid USP (as d-calcium pantothenate)	100 mg	2,000%
Choline Bitartrate FCC	100 mg	*
Inositol FCC	100 mg	*
PABA USP (para-aminobenzoic acid)	100 mg	*

\*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
 Fargo, ND 58104 USA • 1-800-437-4148

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