

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

- Promotes nervous system, immune and cardiovascular health
- Supports neurotransmitter production for a positive mood

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one veggie 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-200 Complex

Energy and Metabolism

HIGHER-POTENCY

VITAMIN SUPPLEMENT | **100 VEGGIE CAPSULES**

Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Thiamin (as thiamin HCl) (vitamin B-1)	3 mg	200%
Riboflavin (vitamin B-2)	3.4 mg	200%
Niacin (as niacinamide)	40 mg	200%
Vitamin B-6 (from pyridoxine HCl)	4 mg	200%
Folic Acid	800 mcg	200%
Vitamin B-12 (as methylcobalamin)	12 mcg	200%
Biotin (as d-biotin)	600 mcg	200%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	200%
Choline (as choline bitartrate)	26 mg	*
Inositol	26 mg	*
PABA (para-aminobenzoic acid)	5 mg	*

*Daily Value not established.

Other ingredients: Rice extract, hypromellose (vegetable capsule), calcium laurate.

DISTRIBUTED BY **SWANSON HEALTH PRODUCTS**
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