



B-complex 100

vitamin
100 veggie capsules
dietary supplement

energy production^v
nervous system
function^v
nutrient
metabolism^v

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin mononitrate)	100 mg	8330%
Vitamin B2 (as riboflavin)	100 mg	7690%
Niacin (as niacinamide)	100 mg NE	630%
Vitamin B6 (as pyridoxine HCl)	100 mg	5880%
Folate	667 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as methylcobalamin)	100 mcg	4170%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	19 mg	4%
Inositol	100 mg	*

* Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose), magnesium stearate, silicon dioxide, microcrystalline cellulose.

Does not contain: Gluten, Salt, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) veggie capsule daily, preferably with a meal.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information
and to reorder.



Item No. VS-1054 1036470

