

**21ST
CENTURY.**



PROLONGED RELEASE

B-100 COMPLEX



Energy Support*

VITAMIN SUPPLEMENT

60 TABLETS



Directions: As a vitamin supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives, Artificial Flavors or Colors. 500302-1015N

*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.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin B-1 (as Thiamin Mononitrate)	100 mg	8,333%
Vitamin B-2 (Riboflavin)	100 mg	7,682%
Niacin (as Niacinamide)	100 mg	625%
Vitamin B-6 (as Pyridoxine HCl)	100 mg	5,882%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	2,000%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	160 mg	12%

Other Ingredients: Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid, Silicon Dioxide.
Contains <2% of: Ethylcellulose, Gum Arabic, Magnesium Stearate, PEG, Pharmaceutical Glaze, Polysorbate, Polyvinyl Alcohol, Talc.

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Vitamin B-100 Complex



B vitamins are interdependent upon each other and interrelated in function; they help convert food into energy and help maintain the nervous system and body tissues.* Prolonged release vitamins slowly release nutrients into the body over an extended period of time. 500302-1015N

ACTUAL SIZE

Proudly Manufactured by
21ST Century HealthCare, Inc.
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21stcenturyvitamins.com

