

21ST
CENTURY®



VITAMIN SUPPLEMENT

PROLONGED RELEASE

B-100 Complex

Helps Convert Food Into Energy
and Helps Maintain the Nervous System*

60 Caplets

Directions: As a vitamin supplement, take one (1) caplet daily with any meal for maximum daily results, or as directed by a healthcare provider. Do not exceed recommended dosage.

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 Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.

Proudly Manufactured by
21ST Century HealthCare, Inc.
2119 S. Wilson Street, Tempe, AZ 85282 USA
www.21stcenturyvitamins.com



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Supplement Facts

Serving Size: 1 Caplet

Amount Per Serving		% DV†
Thiamin (Vitamin B-1)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%
Calcium (as Calcium Carbonate)	124 mg	12%

†† Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Stearic Acid, Cellulose, Silicon Dioxide, Hydroxypropyl Cellulose, Ethylcellulose, Pharmaceutical Glaze, Magnesium Stearate.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



21st Century®...for a healthier future.

B-100 Complex

B vitamins are interdependent upon each other and interrelated in function, they 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.

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