

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's B-Complex 100 Capsules provide a full spectrum of high potency B vitamins in their purest form. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of corn, yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

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Bluebonnet



B-Complex 100

High Potency B-Complex
Easy-To-Swallow Capsules

Dietary Supplement

50 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving	% Daily Value
Vitamin B ₁ (as thiamin mononitrate)	100 mg 6667
Vitamin B ₂ (as riboflavin)	100 mg 5882
Vitamin B ₃ (as niacinamide)	100 mg 500
Vitamin B ₆ (as pyridoxine HCl)	100 mg 5000
Folate (as folic acid)	400 mcg 100
Vitamin B ₁₂ (as cyanocobalamin)	100 mcg 1667
Biotin	100 mcg 33
Pantothenic Acid (as calcium D-pantothenate)	100 mg 1000
Choline Bitartrate	100 mg *
Inositol	100 mg *
PABA (para-aminobenzoic acid)	50 mg *

* Daily Value not established.