



SKU #: 835003006984

Supplement Facts

Serving Size: 1 Capsule
Servings per Container: 300

	Amount Per Serving	% Daily Value
Thiamin (vitamin B1)(as thamin HCl)	100 mg	6,667%
Riboflavin (vitamin B2)	100 mg	5,882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	1,667%
Biotin	100 mcg	1,000%
Pantothenic Acid (as calcium d-pantothenate)	100 mg	1,000%
Choline Bitartrate	100 mg	*
Inositol	100 mg	*
<i>para</i> -Aminobenzoic Acid (PABA)	100 mg	*

*Daily value not established.

Other Ingredients: Gelatin, vegetable magnesium stearate, silicon dioxide, vegetable stearic acid, microcrystalline cellulose and dicalcium phosphate.

Directions

As a dietary supplement, take 1 capsule with food daily, or as directed by a healthcare professional.

Keep dry and at room temperature (59°-86°F [15°-30°C]).

Free Of

Milk, eggs, peanuts, tree nuts, crustacean shellfish, fish, soy, gluten, titanium dioxide.

Vitacost B-100 Complex Description

Supports good health with a combination of essential B vitamins!

What is B-100 Complex?

Vitamin B-100 Complex provides 100 mg of each B vitamin -- vitamin B1 (thiamine), vitamin B2 (riboflavin), vitamin B3 (niacinamide), vitamin B5 (pantothenic acid), vitamin B6 (pyridoxine HCl), vitamin B12 (methylcobalamin) and biotin -- and 400 mcg of folic acid, in one convenient tablet. Also included are 100 mg each of choline, inositol and PABA.

What are the key benefits of Vitacost® B-100 Complex?

B vitamins function as cofactors for enzymes essential to healthy cell function and energy production*

Vitamin B1 (thiamin) supports proper functioning of the nervous system*

Vitamin B2 (riboflavin) and vitamin B5 (pantothenic acid) support healthy metabolism*

Vitamin B6 (pyridoxine) support the nervous and immune systems*

Vitamin B12 (methylcobalamin) plays a part in homocysteine level important for heart health*

Choline is a key structural component of cellular membranes

Inositol supports mental health and stable, even moods*

Why is Vitacost® B-100 Complex your everyday essential?

Provides all the B vitamins for optimum health

A convenient way to get 8 vitamins in one capsule every day

Contains 300 servings per bottle

Exceptional quality at an extraordinary value!

Potency • Purity • Pride

All Vitacost® supplements are formulated to deliver the level of support you expect and deserve. Whether you're shopping Vitacost® vitamins, minerals, herbs or other key nutrients, their potency is guaranteed -- what's on the label is what's in the bottle. Plus, all Vitacost® supplements adhere to the FDA's Current Good Manufacturing Practices (CGMPs), ensuring that they are manufactured to high standards of **POTENCY, PURITY**, efficacy and safety. We take **PRIDE** in what we do, which is why we promise if you don't love your product, we'll take it back -- even if the bottle is empty.

*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.

Warnings

Pregnant or lactating women, those with diabetes, hypoglycemics, and people with known medical conditions and/or taking drugs should consult with a licensed physician and/or pharmacist prior to taking dietary supplements. Keep out of reach of children.