

**V THE VITAMIN SHOPPE®**

# B-COMPLEX 100

energy production<sup>†</sup>

stress support<sup>†</sup>

nutrient metabolism<sup>†</sup>

**VITAMIN**

Dietary Supplement **100** Vegetable Capsules



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

## Supplement Facts

Serving Size 1 Vegetable Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamine mononitrate)	100 mg	8330%
Riboflavin (Vitamin B2)	100 mg	7690%
Niacin (as niacinamide)	100 mg NE	630%
Vitamin B6 (as pyridoxine HCl)	100 mg	5880%
Folate (400 mcg folic acid)	667 mcg DFE	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) vegetable capsule daily, preferably with a meal.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

**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.

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