

V THE VITAMIN SHOPPE®

B-COMPLEX 100

energy production[†]

stress support[†]

nutrient metabolism[†]

VITAMIN

Dietary Supplement **100** Tablets



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Vitamin B1 (as thiamine hydrochloride)	100 mg	8330%
Riboflavin (Vitamin B2)	100 mg	7690%
Niacin (as niacinamide)	100 mg NE	625%
Pyridoxine (Vitamin B6) (as pyridoxine hydrochloride)	100 mg	5880%
Folate	667 mcg DFE (400 mcg folic acid)	170%
Methylcobalamin (Vitamin B12)	100 mcg	4170%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	50 mg	10%
Inositol	100 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, aqueous coating, silicon dioxide, magnesium stearate, natural vanilla flavor.

DOES NOT CONTAIN: Gluten, Sugar, Salt, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) tablet daily, preferably with a meal.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

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

† 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.

Distributed by: Vitamin Shoppe, Inc.

Secaucus, NJ 07094

Visit www.vitaminshoppe.com

or call 1-866-293-3367.



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