

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy. **Your health & safety are our first priority!**



**MEGA**

**B-100**<sup>®</sup>

**Supports Energy Metabolism\***  
**Supports Heart Health\***

**200**

**RAPID RELEASE  
CAPSULES**

Vitamin Supplement

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER PROD. # **10283**  
[www.vitaminworld.com](http://www.vitaminworld.com)

**1-800-228-4533**

Carefully Manufactured by  
Vitamin World, Inc.  
Ronkonkoma, NY 11779 U.S.A.  
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**DIRECTIONS:** For adults, take one (1) capsule daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	6,667%
Riboflavin (Vitamin B-2)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,000%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	1,000 mcg (1 mg)	333%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
Choline Bitartrate (as Choline Bitartrate)	100 mcg	**
PABA (Para-Aminobenzoic Acid)	100 mg	**
Inositol	100 mcg	**
Proprietary Blend Contains: (Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran)	7.5 mg	**

\*\*Daily Value not established.

**Other Ingredients:** Gelatin, Crospovidone, Vegetable Cellulose.  
**Contains <2% of:** Silica, Vegetable Magnesium Stearate.

\*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.