

Suggested Usage: Take 1 capsule daily with a meal. B-100 Caps provide a full complement of B-vitamins plus choline and inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.* B-vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment. While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy) and supplementation with B-12 may be especially important for vegetarians.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

Natural color variation may occur in this product.

CODE 0436C V10



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CAPSULE SIZE



B-100

Nervous System Health*

- B-Complex for Maximum Effectiveness
- Supports Energy Production*

100 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl) (Vitamin B-1)	100 mg	8333%
Riboflavin (Vitamin B-2)	100 mg	7692%
Niacin (Vitamin B-3) (as Niacinamide)	100 mg	625%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5882%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	100 mcg	333%
Pantothenic Acid (from Calcium Pantothenate)	100 mg	2000%
Choline (from Choline Bitartrate)	10 mg	2%
Inositol	10 mg	†
PABA (Para-Aminobenzoic Acid)	10 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Magnesium Stearate (vegetable source) and Silicon Dioxide.

Quality Tested & Packaged by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Store in a cool, dry place after opening.

