

**100 MG** | **60 CAPSULES**  
DIETARY SUPPLEMENT

# B-COMPLEX 100 HY-B CAPS

**tnvitamins**

## Supplement Facts

Serving Size: 1 Capsule • Servings Per Container: 100

	Amount Per Serving	%DV
Thiamin USP (as Thiamin HCl) (Vitamin B-1)	100 mg	6,667%
Riboflavin USP (Vitamin B-2)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 USP (as Pyridoxine Hydrochloride)	100 mg	5,000%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as Cyanocobalamin)	100 mcg	1,667%
Biotin USP	100 mcg	33%
Pantothenic Acid USP (as d-Calcium Pantothenate)	100 mg	1000%
Choline (as Choline Bitartrate)	100 mcg	*
PABA USP	100 mg	*
Inositol	100 mcg	*

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value (DV) is not established.

**Other Ingredients:** Gelatin Capsule, Rice Powder, Vegetable Magnesium Stearate, Silica.

**Directions:** As a dietary supplement, one (1) capsule daily, or as directed by a health care professional.

\*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:** Pregnant or lactating women should consult a doctor before use. If you are under medical supervision, please consult a doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.

**Keep out of reach of children.**

Laboratory Tested And Manufactured For:

**TOTAL NUTRITION, INC. • FARMINGDALE, NY 11735 USA**

**Reorder**  
**tnvitamins.com**  
**800-645-4446**

# 8121T



Rev. 5/18