

EVIDENCE-BASED

The vitamins in B-Complex "100" assist in cell growth and support energy metabolism.* B-Complex "100"—which includes niacinamide, thiamin, riboflavin, folic acid, vitamin B6, vitamin B12, pantothenic acid, and choline—is especially important for support of energy production and mental function.*

Recommendations: Adults take 1 tablet daily or as directed by your healthcare practitioner.

If pregnant, nursing, or taking prescription drugs, consult your healthcare practitioner prior to use.

Contains no sugar, salt, yeast, wheat, gluten, corn, soy, dairy products, artificial coloring, artificial flavoring, preservatives, or ingredients of animal origin. This product contains natural ingredients; color variations are normal.

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



integrative
THERAPEUTICS, INC.

VITALINE®
B-COMPLEX "100"
High-Potency Formula

Controlled time-release formula

90 TABLETS

Dietary Supplement

Supplement Facts

Serving Size 1 tablet

Amount per tablet	%DV**
Thiamin (as thiamin mononitrate)	100 mg 6,667%
Riboflavin	100 mg 5,882%
Niacin (as niacinamide)	100 mg 500%
Vitamin B6 (as pyridoxine HCl)	100 mg 5,000%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	100 mcg 1,667%
Biotin	100 mcg 33%
Pantothenic Acid (as calcium pantothenate)	100 mg 1,000%
Choline Bitartrate	100 mg **
Inositol	100 mg **
PABA (para-aminobenzoic acid)	30 mg **

**Daily Value (DV) not established.

Other ingredients: hydrogenated cottonseed oil, stearic acid, magnesium stearate, silicon dioxide, and pharmaceutical glaze.