

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor and Preservatives.

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which converts food into energy.*

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

*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.

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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SOLGB71160 02D



B-COMPLEX “100”

ENERGY METABOLISM*
CARDIOVASCULAR HEALTH*
NERVOUS SYSTEM SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS

50 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Thiamin (vitamin B1)	100 mg	8,333%
(as thiamin mononitrate)		
Riboflavin (vitamin B2)	100 mg	7,692%
Niacin (vitamin B3)	100 mg	625%
(as niacinamide)		
Vitamin B6	100 mg	5,882%
(as pyridoxine HCl)		
Folate	666 mcg DFE	167%
(400 mcg folic acid)		
Vitamin B12	100 mcg	4,167%
(as cyanocobalamin)		

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Titanium Dioxide (color), Vegetable Glycerin.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

Amount Per Serving		%DV
Biotin (as D-biotin)	100 mcg	333%
Pantothenic Acid (vitamin B5)	100 mg	2,000%
(as D-Ca pantothenate)		
Choline	41 mg	7%
(as choline bitartrate)		
Inositol	100 mg	**
Herbal	2.5 mg	**
Powdered Blend		
(kelp [plant], acerola extract complex [fruit]; alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb])		
**Daily Value (DV) not established		

