

Each required nutrient in the Vitamin B Complex performs a unique role in maintaining proper metabolic functioning, while nutritionally supporting the body during the occasional stress of daily living. B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which converts food into energy. In addition, these vitamins play a necessary role in supporting cardiovascular health, the promotion of a healthy nervous system, as well as red blood cell formation.*

*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:
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B-COMPLEX “100”

ENERGY METABOLISM*
CARDIOVASCULAR HEALTH*
NERVOUS SYSTEM SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS

250 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	100 mg	8,333%
Riboflavin (vitamin B2)	100 mg	7,692%
Niacin (vitamin B3) (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	100 mg	5,882%
Folate (400 mcg folic acid)	666 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	100 mcg	4,167%
Biotin (as D-biotin)	100 mcg	333%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	41 mg	7%
Inositol	100 mg	**
Herbal Powdered Blend (kelp [plant], acerola extract complex [fruit], alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb])	2.5 mg	**

**Daily Value (DV) not established

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.

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

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

