



B-100 Gels

High-Potency
Vitamin B Complex

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Cellular Support* ✓ Optimal Wellness*

100 Soft Gels | 50 Servings

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 2 Soft Gels
Servings Per Container 50

	Amount Per Serving	% DV
Calories	20	
Total Fat	1.5 g	2%**
Protein	1 g	
Thiamin (Vitamin B-1)(from thiamin mononitrate)	100 mg	8,333%
Riboflavin (Vitamin B-2)	100 mg	7,692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (from pyridoxine HCl)	100 mg	5,882%
Folate (800 mcg folic acid)	1,360 mcg DFE	340%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (from d-calcium pantothenate)	100 mg	2,000%
Choline (from phosphatidyl choline)	13 mg	2%
Phosphatidyl Choline (from soybeans)	100 mg	†

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

† Daily Value (DV) not established.

Other Ingredients: Soybean oil, beeswax, soft gel shell (beef gelatin, glycerin, water, carob), medium chain triglyceride oil (from coconut).

B-100 Gels are a high-potency blend of the important B-complex vitamins, which are essential for converting the fats, proteins, and carbohydrates from the food we eat into energy.*

Directions: Adults: take two soft gels daily **at mealtime**. Keep bottle tightly closed.

Warning: Do not take if you are pregnant or lactating.

✓ **Gluten-free**
✓ **No Artificial Preservatives**

POTENCY & QUALITY GUARANTEED

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