

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains soy ingredients.

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Wheat, No Yeast, No Fish. Sodium Free.

TO REORDER ITEM # 772
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

Mega

B-100®

B-Complex Vitamin

B

100
Coated
Caplets

VEGETARIAN VITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate) 100 mg	8,333%
Riboflavin (Vitamin B-2) 100 mg	7,692%
Niacin (as Niacinamide) 100 mg	625%
Vitamin B-6 (as Pyridoxine Hydrochloride) 100 mg	5,882%
Folate 666 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin) 100 mcg	4,167%
Biotin (as d-Biotin) 100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate) 100 mg	2,000%
Choline (as Choline Bitartrate) 40 mg	7%
Inositol 100 mg	*
PABA (Para-Aminobenzoic Acid) 100 mg	*
Proprietary Blend 5 mg	*
(Parsley Leaves Powder, Rice Bran Defatted Powder, Watercress Leaves Powder, Alfalfa Leaves Powder, Soy Lecithin Granules)	

*Daily Value not established.