

SAFETY SEALED. DO NOT USE
IF PRINTED SEAL UNDER CAP
IS CUT, TORN, OR MISSING.

SATISFACTION GUARANTEED
OR YOUR MONEY BACK.

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*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.

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TIMED RELEASE

Natural
COMPLEX B
B100 Formula

Dietary Supplement
Promotes Energy*

50 Tablets

This product was formulated to provide a gradual
release of active materials for absorption over an
extended period of time.

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value
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Thiamin (Vit. B1) 100 mg	6667%
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Riboflavin (Vit. B2) 100 mg	5882%
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Niacin 100 mg	500%
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Vitamin B6 100 mg	5000%
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Folate 400 mcg	100%
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Vitamin B12 100 mcg	1667%
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Biotin 100 mcg	33%
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Pantothenic Acid 100 mg	1000%
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Choline Bitartate 10 mg	**
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Inositol 10 mg	**
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Para-Amino Benzoic Acid 10 mg	**
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** Daily Value not established.

INGREDIENTS: d-Calcium Pantothenate, Calcium Sulfate, Thiamin Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Stearic Acid, Niacinamide, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose, Silicon Dioxide, Biotin, Cyanocobalamin, Inositol, Choline Bitartrate, Para-Amino Benzoic Acid, Magnesium Stearate, Colloidal Silicon Dioxide, Brewer's Yeast, Folic Acid, Polyethylene Glycol, Carnuba Wax, Alfalfa Powder, and Watercress Powder.

Contains: Lactose (milk sugar)

Directions: Take one tablet daily with a full glass of water, preferably after a meal.

**NO ARTIFICIAL COLORS OR FLAVORS • NO WHEAT
NO CHEMICAL SOLVENTS • NO TRANS FAT
NO SALT • NO PRESERVATIVES • NO GLUTEN**

Keep out of the reach of children.

Store at 15° - 30° C (59° - 86° F).

**B Vitamins work together to help convert food
into energy.***

Manufactured for:
Your Military Exchanges By:
International Vitamin Corporation
Freehold, NJ 07728

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Questions or Comments:
1-866-927-5470

FRESHNESS AND POTENCY GUARANTEED THROUGH:

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517618
USA642684