

**SUPPORTS CELLULAR
ENERGY &
NERVE HEALTH***

B-Vitamins are essential to the conversion of cellular energy, manufacture of hormones and proteins, and maintenance of nerve structures.* Our B-100 Complex is carefully tested and produced to superior quality standards.

◆ LG40521.A01 BLK8035A



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



**B-100
COMPLEX**

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100 CAPSULES | WITH B2 COENZYME

DIETARY SUPPLEMENT

Recommendation: Take 1 capsule daily, preferably with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% DV
Thiamin (Vitamin B1)	100 mg	8,333%
Riboflavin (Vitamin B2, Riboflavin-5'-phosphate)	100 mg	7,692%
Niacin (as Niacinamide)	100 mg	625%
Vitamin B6 (as Pyridoxine HCl, Pyridoxal-5'-phosphate)	50 mg	2,941%
Folate	666 mcg DFE	167%
	Folic Acid 400 mcg	
Vitamin B12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium d-pantothenate)	100 mg	2,000%
Choline (as Choline bitartrate)	25 mg	5%
Inositol	100 mg	**

**Daily Value (DV) not established.

Other ingredients: gelatin (capsule), cellulose, magnesium stearate

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE / naturesway.com

