

**FOSTER REGAL****The Best Choice.®**

# B-100 B-COMPLEX

**Supports Energy  
Metabolism\*\*****Dietary Supplement****Gluten Free****30 TABLETS**

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV	Amount Per Serving	% DV
Thiamin	100 mg 6667%	Biotin	100 mcg 33%
Riboflavin	100 mg 5882%	Pantothenic Acid	100 mg 1000%
Niacin	100 mg 500%	Choline	100 mg *
Vitamin B-6	100 mg 5000%	Inositol	100 mg *
Folic Acid	400 mcg 100%	PABA	100 mg *
Vitamin B12	100 mcg 1667%	* Daily Value not established.	

Ingredients: Vegetable cellulose, thiamin mononitrate, niacinamide, pyridoxine hydrochloride, d-biotin, calcium pantothenate, choline bitartrate, para-aminobenzoic acid, silica, vegetable stearic acid, vegetable magnesium stearate, parsley leaves, rice bran, watercress leaves, alfalfa leaves, soy lecithin, cyanocobalamin. Contains soy ingredients.

Mfg. for: **Foster Regal Laboratories** ®  
115 S.C.T. Ct., White House, TN 37188

Made in USA

**DIRECTIONS:** As a dietary supplement, take 1 tablet daily.

**TAMPER EVIDENT:** Do not use this product if imprinted foil seal under cap is broken or missing. Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C). **KEEP OUT OF REACH OF CHILDREN.**

Mfg. in an FDA Registered Facility, using Good Manufacturing Practices (GMPs) Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability. **CAUTION:** If you are pregnant or nursing consult your physician before taking this product.

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

\*\* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.