

**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.