



B-100 Gels

High-Potency
Vitamin B Complex

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Cellular Support* ✓ Optimal Wellness*

200 Soft Gels | 100 Servings

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Carlson®

Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 2 Soft Gels

Servings Per Container 100

	Amount Per Serving	% DV
Calories	20	
Total Fat	1.5 g	2%**
Protein	1 g	
Thiamin (Vitamin B-1)(from thiamin mononitrate)	100 mg	8,333%
Riboflavin (Vitamin B-2)	100 mg	7,692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (from pyridoxine HCl)	100 mg	5,882%
Folate (800 mcg folic acid)	1,360 mcg DFE	340%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (from d-calcium pantothenate)	100 mg	2,000%
Choline (from phosphatidyl choline)	13 mg	2%
Phosphatidyl Choline (from soybeans)	100 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Soybean oil, beeswax, soft gel shell (beef gelatin, glycerin, water, carob), medium chain triglyceride oil (from coconut).

B-100 Gels are a high-potency blend of the important B-complex vitamins, which are essential for converting the fats, proteins, and carbohydrates from the food we eat into energy.*

Directions: Adults: take two soft gels daily at mealtime. Keep bottle tightly closed.

✓ **Gluten-free**

✓ **No Artificial Preservatives**

Warning: Do not take if you are pregnant or lactating.

POTENCY & QUALITY GUARANTEED

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc., Arlington Heights, IL 60004 USA
888-234-5656 • www.carlsonlabs.com

An FDA Regulated Facility



2074-4b