



Vitamin Shoppe

B-Complex 100

100 Capsules Item #: VS-1054 / 1036470

Supplement Facts

Serving Size 1 CAPSULE

Servings Per Container 100

	Amount Per Serving	% Daily Value
Thiamin(Vitamin B1) (As Thiamin Mononitrate)	100 Mg	6667%
Riboflavin(As Vitamin B2)	100 Mg	5682%
Niacin(As Niacinamide)	100 Mg	500%
Vitamin B6(As Pyridoxine Hcl)	100 Mg	5000%
Folic Acid	400 Mcg	100%
Vitamin B12(As Methylcobalamin)	100 Mcg	1667%
Biotin	100 Mcg	300%
Pantothenic Acid(As D-Calcium Pantothenate)	100 Mg	1000%
Choline(As Choline Bitartrate)	50 Mg	N/A*
Inositol	100 Mg	N/A*
Paba(Para-Aminobenzoic Acid)	100 Mg	N/A*

* Daily value not established

Other Ingredients:

Vegetable cellulose, dicalcium phosphite, magnesium stearate, silica,