

## **FORMULA 34**

B-100

**B-COMPLEX** 

Dietary Supplement

30 TABLETS

## **Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving		% DV	Amount Per Serving		%
Thiamin	100 mg	6667%	Biotin	100 mcg	3:
Riboflavin	100 mg	5882%	Pantothenic Acid	100 mg	100
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 B-12100 mcg		1667%	* Daily Value not established		

**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. Mfg. in an FDA Registered Facility using Good Manufacturing Practices (GMPs)

Keep tightly closed. Store at room temperature: 59°-86°F (15° to 30°C). KEEP OUT OF REACH OF CHILDREN. CAUTION: If you are pregnant or nursing do not take this product. Conforms to USP <2091> for weight. Meets USP <2040> disintegration for maximum bioavailability.

Ingredients: Vegetable cellulose, thiamin mononitrate, niacinamide, pyridoxine hydrochloride, d-biotin, calcium pantothenate, choline bitartrate, para-aminobenzoic acid, silica, vegetable magnesium stearate, parsley leaves, rice bran, watercress leaves, alfalfa leaves, soy lecithin, cyanocobalamin, Contains soy ingredients. Rev #02

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