

B-100 complex provide a full complement of B-Vitamins plus Choline and Inositol. Each nutrient in the Vitamin B-100 Complex performs a unique role in maintaining proper metabolic functioning and is essential for well being. When taken together in a complex formula, the B-Vitamins are critical for the healthy metabolism of homocysteine, and maintain the health of the nervous system, skin, eyes and hair.† Certain research publications indicate that it may help support the following:

- › Supports energy metabolism.†
- › Supports cardiovascular health.†
- › Supports healthy nervous system.†

CAUTION: For adults only, if you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

Keep out of the reach of children.
Do not use if safety seal is broken or missing.
Keep in cool, dry place.

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



MADE IN USA



Best Naturals®

B-100 Complex

Premium Formula

3rd Party Lab Tested

120 TABLETS

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 120

	Amount Per Serving	%DV*
Vitamin B-1 (as thiamine mononitrate)	100 mg	8333%
Vitamin B-2 (as riboflavin)	100 mg	7692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (as pyridoxine hcl)	100 mg	5882%
Folate (as 400 mcg folic acid)	666.7 mcg DFE	167%
Vitamin B-12 (as cyanocobalamine)	100 mcg	4167%
Biotin	100 mcg	333%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	10 mg	2%
PABA (as para-aminobenzoic acid)	10 mg	**
Inositol	100 mg	**

*%Daily Value ** Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Microcrystalline Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silicon Dioxide, Pharmaceutical Glaze.

SUGGESTED USE: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

No Artificial Color, Flavor or Sweetener, No Preservatives, No Sugar, No Starch, No Milk, No Corn, No Soy, No Egg, No Lactose, No Gluten, No Wheat, No Yeast, No Fish.

Manufactured for Best Naturals, PO Box 394, Kenilworth NJ 07033 USA

www.shopbestnaturals.com

for additional information call: 1-877-659-6004

Lot#

Exp#

