

List No. 1637  
L400 Cat. 616  
5A004



Nature Made®

TIME RELEASE  
**B-100 COMPLEX**

Helps convert food into cellular energy†  
Helps support nervous system function†

60 TABLETS | Dietary Supplement

**SUGGESTED USE:** Adults, take 1 tablet daily with water and a meal.  
Store tightly closed, in a cool, dry place, out of reach of children.  
Do not use if imprinted seal under cap is broken or missing.

**CAUTION:** If you are taking medication, including anticonvulsants,  
consult your physician before use.

### Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Thiamin (as Thiamine Mononitrate) 100 mg	8333%
Riboflavin 100 mg	7692%
Niacin (as Niacinamide) 100 mg	625%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride) 100 mg	5882%
Folate 665 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B <sub>12</sub> (as Cyanocobalamin) 100 mcg	4167%
Biotin 100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate) 100 mg	2000%
Calcium (as Dibasic Calcium Phosphate) 70 mg	5%

**DISTRIBUTED BY:**

Nature Made Nutritional Products West Hills, CA 91309-9903, USA  
1-800-276-2878 • [www.NatureMade.com](http://www.NatureMade.com)

Tableted and quality tested in the USA. Made to our guaranteed purity and potency standards.

Our time release formula extends  
vitamin absorption by the body.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ Gluten Free

†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.

**OTHER  
INGREDIENTS:**

Cellulose Gel,  
Hypromellose, Stearic  
Acid, Magnesium Stearate,  
Silicon Dioxide,  
Croscarmellose Sodium,  
Polyethylene Glycol.

Lot: 2344165  
Exp: JUL 2021

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