

CODE 0436

V3



ACTUAL SIZE

Do Not Eat Freshness Packet. Keep in Bottle.
Store in a cool, dry place. Please Recycle.

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

B-100 Caps are a blend of key B vitamins combined with other nutritional factors for enhanced synergism. This formula provides recommended potencies of the most important B vitamins and is designed to supply your body's required daily intake in one complete supplement.

SUGGESTED USAGE: As a dietary supplement, take 1 capsule daily with a meal. Consider taking this product in combination with NOW® Relora®, Super Cortisol Support and Tru-C BioComplex™.

- B-Complex for Maximum Effectiveness
- Supports Energy Production*

100 Capsules

A Dietary Supplement



B-100

NUTRITIONAL HEALTH



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Thiamine (from Thiamine HCl) (Vitamin B-1)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5000%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Folic Acid	400 mcg	100%
Pantothenic Acid (from Calcium Pantothenate)	100 mg	1000%
Choline Bitartrate	100 mg	†
Inositol	100 mg	†
PABA	10 mg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source) and Silica.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains no sugar, salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.