

**DIRECTIONS:** For adults, take one (1) caplet daily, preferably with a meal.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

No Artificial Flavor, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

**TO REORDER ITEM # 2812**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

Carefully Manufactured by  
**PURITAN'S PRIDE, INC.**  
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Puritan's Pride

TIMED RELEASE

Mega

**B-100**<sup>®</sup>  
B-Complex Vitamin



100  
Coated  
Caplets

VEGETARIAN VITAMIN SUPPLEMENT

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		% Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	8,333%
Riboflavin (Vitamin B-2)	100 mg	7,692%
Niacin (as Niacinamide)	100 mg	625%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,882%
Folate (400 mcg folic acid)	666 mcg DFE	167%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4,167%
Biotin (as d-Biotin)	100 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	2,000%
PABA (Para-Aminobenzoic Acid)	10 mg	*
Inositol	10 mg	*
Choline Bitartrate	10 mg	*

\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Vegetable Stearic Acid. Contains <2% of: Magnesium Silicate, Medium Chain Triglycerides, Natural Palm Leaf Glaze, Polydextrose, Riboflavin (color), Silica, Vegetable Magnesium Stearate.

Contains bioengineered food ingredients.