

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.

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

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. If any adverse reactions occur, stop use and consult your doctor. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER ITEM # 10282
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

Mega
B-100[®]
B-Complex Vitamin



100
Rapid Release
Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

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 1,333 mcg DFE (800 mcg folic acid)	333%
Vitamin B-12 (as Cyanocobalamin) 100 mcg	4,167%
Biotin 1,000 mcg	3,333%
Pantothenic Acid (as d-Calcium Pantothenate) 100 mg	2,000%
PABA (Para-Aminobenzoic Acid) 100 mg	*
Inositol 100 mcg	*
Proprietary Blend 7.5 mg	*
Contains: (Alfalfa (aerial), Parsley (leaf), Rice Bran, Soy Lecithin and Watercress (aerial))	

*Daily Value not established.

Other Ingredients: Gelatin, Dicalcium Phosphate, Croscopovidone. Contains <2% of: Calcium Silicate, Choline Bitartrate, Silica, Vegetable Magnesium Stearate. Contains soy ingredients. Contains bioengineered food ingredients.