

DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPLET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	6,667%
Riboflavin (Vitamin B-2)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
PABA (Para-Aminobenzoic Acid)	100 mg	**
Inositol	100 mg	**
Choline Bitartrate	100 mg	**
Proprietary Blend (Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran)	1 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.

Sundown
Naturals[®]

HIGH POTENCY

B 100[®]
COMPLEX

with **Folic Acid** | *Time Release*

**Promotes Energy Metabolism
& Nervous System Health***

VEGETARIAN FORMULA

60 CAPLETS MULTIVITAMIN SUPPLEMENT

**Smart
Facts**

Each active ingredient in this formula performs a unique role in maintaining proper metabolic functioning and well-being.* The B Complex vitamins work well together to support nervous system health.* These vitamins also promote energy metabolism.* Choline and Inositol are also included in our formula.

*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.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. STORE IN A DRY PLACE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.



Questions? Call toll free 1-888-VITAHHELP (848-2435) or visit us at www.sundownnaturals.com

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