

**21<sup>ST</sup>**  
**CENTURY<sup>®</sup>**



PROLONGED RELEASE

# B-100 COMPLEX



Energy Support\*

VITAMIN SUPPLEMENT

60 TABLETS



**Directions:** As a vitamin supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

**Warning:** Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

**Keep out of reach of children.** Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Yeast, Preservatives, Artificial Flavors or Colors. 500302-0520N

**\*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.**

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Thiamin	100 mg	8,333%
(as Thiamin Mononitrate, Vitamin B-1)		
Riboflavin (Vitamin B-2)	100 mg	7,692%
Niacin (as Niacinamide)	100 mg	625%
Vitamin B-6	100 mg	5,882%
(as Pyridoxine HCl)		
Folate	667 mcg DFE	167%
(400 mcg Folic Acid)		
Vitamin B-12	100 mcg	4,167%
(as Cyanocobalamin)		
Biotin	100 mcg	333%
Pantothenic Acid	100 mg	2,000%
(as d-Calcium Pantothenate)		
Calcium	124 mg	10%
(as Calcium Carbonate)		

**Other Ingredients:** Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid, Silicon Dioxide. **Contains <2% of:** Dicalcium Phosphate, Ethylcellulose, Magnesium Silicate, Magnesium Stearate, PEG, Pharmaceutical Glaze, Polysorbate, Polyvinyl Alcohol.

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## Vitamin B-100 Complex



B vitamins are interdependent upon each other and interrelated in function; they help convert food into energy and help maintain the nervous system and body tissues.\* Prolonged release vitamins slowly release nutrients into the body over an extended period of time. 500302-0520N

ACTUAL SIZE

Proudly Manufactured by  
**21<sup>ST</sup> Century HealthCare, Inc.**  
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21stcenturyvitamins.com

