

**SUGGESTED USE:** As a dietary supplement take two (2) capsules once a day. For best results, take with food with an 8oz. glass of water or as directed by your healthcare professional.

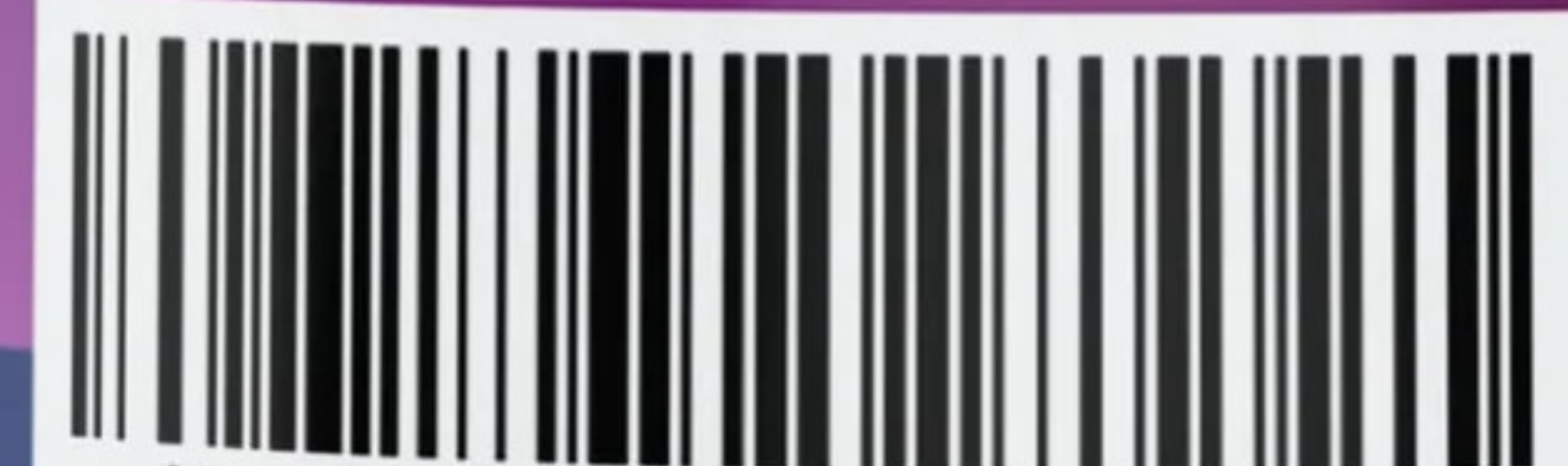
**CAUTION:** Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement.

**KEEP OUT OF REACH OF CHILDREN.**  
**DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING.**  
**STORE IN A COOL, DRY PLACE.**

\* 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.

Lot # and Expiration Date Printed on bottom of Bottle.

V1R0



X0035LXYFZ - BBNBComplex60

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**NATURE**

# B-100 COMPLEX EXTRA STRENGTH

**Stress & Immune Support\***

**Metabolism Support\***  
**Energy Support\***

**60** CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

**Serving Size:** 2 Capsules

**Servings Per Container:** 30

|                                                             | Amount Per Serving                    | %DV     |
|-------------------------------------------------------------|---------------------------------------|---------|
| Vitamin C (as Ascorbic Acid)                                | 150mg                                 | 167%    |
| Thiamine (as Thiamine Mononitrate)(Vitamin B1)              | 100mg                                 | 8,333%  |
| Riboflavin (as Vitamin B2)                                  | 100mg                                 | 7,692%  |
| Niacin (as Niacinamide)(Vitamin B3)                         | 20mg NE                               | 125%    |
| Vitamin B6 (as Pyridoxine HCL)                              | 30mg                                  | 1,765%  |
| Folate                                                      | 1166mcg DFE<br>(as 700mcg Folic Acid) | 292%    |
| Vitamin B12 (as Cyanocobalamin)                             | 2000mcg                               | 83,333% |
| Biotin                                                      | 1000mcg                               | 3,333%  |
| Pantothenic acid<br>(as D-Calcium Pantothenate)(Vitamin B5) | 100mg                                 | 2,000%  |
| Choline (as Choline Bitartrate)                             | 100mg                                 | 18%     |
| Inositol                                                    | 150mg                                 | **      |

\*\* Daily Value (DV) not established

**Other Ingredients:** Cellulose (Vegetable Capsule), Microcrystalline Cellulose, Vegetable Stearate.

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