

Supports Cellular Energy & Nerve Health*

High potency formula with all 8 B-vitamins

- Helps convert food to fuel*
- Supports maintenance of nerve structures*
- Helps the body produce hormones and proteins*

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

GLUTEN FREE. No wheat, dairy, or artificial colors or flavors.

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

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Green Bay, WI 54311 USA • Bottled and tested in the USA

Questions? 1-800-962-8873 / [naturesway.com](https://www.naturesway.com)

◆ LH40521.A01 BLK8035A



BOTTLE MADE FROM
50% POST-CONSUMER
RECYCLED PLASTIC

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



B-100 COMPLEX

HIGH POTENCY FORMULA

Supports Cellular Energy & Nerve Health*

100 CAPSULES - DIETARY SUPPLEMENT

Recommendation: Adults take 1 capsule daily, preferably with food. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% DV**
Thiamin (as thiamin HCl)	100 mg	8,333%
Riboflavin (as vitamin B2, riboflavin-5'-phosphate)	100 mg	7,692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5'-phosphate)	50 mg	2,941%
Folate	666 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (as D-calcium pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	25 mg	5%
Inositol	100 mg	**

**Daily Value (DV) not established.

Other ingredients: gelatin (capsule), cellulose, magnesium stearate