

TABLET SIZE

Made in the USA



CODE 0439 V1

Natural color variations may occur in this product.
Store in a cool, dry place after opening. Please Recycle.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. Do Not Eat Freshness Packet. Keep in Bottle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 1 tablet daily with a meal. Consider taking these other NOW® products: Super Cortisol Support, L-Theanine and Tru-C BioComplex™.

B-100 Tabs provide a full complement of B-Vitamins plus Choline and Inositol. Together, these vitamins work to support energy production, are critical for the healthy metabolism of homocysteine, and promote a healthy nervous system. B-Vitamins are water soluble, and with the exception of B-12, they are not stored in the body and thus require daily replenishment. Because dietary sources of B-12 are of animal origin only (meat and dairy), supplementation may be especially important for vegetarians.*



Sustained Release B-100

NERVOUS SYSTEM HEALTH

- B-Complex for Maximum Effectiveness
- Supports Energy Production*

100 Tablets

A Dietary Supplement
Vegetarian/Vegan



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl) (Vitamin B-1)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (Vitamin B-3) (as Niacinamide)	100 mg	500%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5000%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (from Calcium Pantothenate)	100 mg	1000%
Choline (from 100 mg Choline Bitartrate)	35 mg	†
Inositol	100 mg	†
PABA	10 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Silica and Vegetarian Coating.

Manufactured by NOW FOODS

395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA

For more product information visit www.nowfoods.com/0439

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

This product is designed to release over an extended period of time.