



B-complex 100

energy production[▼]

nervous system
function[▼]

nutrient
metabolism[▼]

vitamin
100 tablets
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin hydrochloride)	100 mg	6667%
Vitamin B2 (as riboflavin)	100 mg	5882%
Niacin (as niacinamide)	100 mg	500%
Pyridoxine (Vitamin B6) (as pyridoxine hydrochloride)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (methylcobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Inositol	100 mg	*
Choline (as choline bitartrate)	50 mg	*

* Daily Value not established.

Other ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze, natural vanilla flavor.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

▼ 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.

DIRECTIONS: As a dietary supplement, take one (1) tablet daily, preferably with a meal.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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Item No. VS-1052

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