

PRODUCT BENEFITS: These capsules provide an excellent source of B-Complex vitamins to help promote a sufficient daily intake. The B-Complex is essential for the maintenance of a healthy nervous system.* The B vitamins play a role in energy metabolism in the body.* Choline and Inositol are essential components of cell membranes.*

Directions: For adults, take one (1) capsule daily, preferably with a meal or follow the advice of your health care professional. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

TAMPER RESISTANT: Do not use if seal under cap is broken or missing. **KEEP OUT OF REACH OF CHILDREN.** Store in a dry place and avoid excessive heat.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

PROD. NO. 55549

To refill please call 1-800-765-6775

or visit www.physiologics.com

Carefully Manufactured by PhysioLogics

One Nutrition Plaza, Carbondale, IL 62901 U.S.A.



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PhysioLogics®

B-100 Complex

Supports
Nervous System Health*

Dietary Supplement
100 Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	6,667%
Riboflavin (Vitamin B-2)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,000%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	1,000 mcg (1 mg)	333%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
Choline Bitartrate	100 mcg	**
PABA (Para-Aminobenzoic Acid)	100 mg	**
Inositol	100 mcg	**
Proprietary Blend	7.5 mg	**
Contains: (Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran)		

**Daily Value not established.

Other Ingredients: Gelatin, Rice Powder, Silica, Vegetable Magnesium Stearate, Mannitol, Maltodextrin.

FREE OF: artificial color or flavor, preservatives, sugar, starch, milk, lactose, gluten, wheat, yeast, fish, sodium.

**Laboratory Tested to Guarantee Quality
For Health Care Professional Use Only**

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