

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*

 **B-Vitamins** are essential to the conversion of cellular energy, manufacture of hormones and proteins, as well as maintenance of nerve structures.*

Questions? Call 1-800-9NATURE or visit naturesway.com. Our B-100 Complex is carefully tested and produced to superior quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children.

STORE IN A COOL, DRY PLACE.

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(BLK8035)



*This statement has not been evaluated by the Food & Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.

PREMIUM

**Nature's
Way**

QUALITY

B-100 Complex



**ENERGY &
NERVES***

60 Capsules / with B2 Coenzyme

DIETARY SUPPLEMENT

Recommendation: Take 1 capsule daily, preferably with food.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Serving	% Daily Value	
Thiamin (as Thiamin HCl)	100 mg	6,667%
Riboflavin (as Riboflavin/Riboflavin 5-phosphate)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B6 (as Pyridoxine HCl/pyridoxal 5-phosphate)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1,000%
Inositol	100 mg	**
Choline (as Choline bitartrate)	25 mg	**

**Daily Value not established.

Other ingredients: Gelatin (capsule), Cellulose, Magnesium stearate

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