

 *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, and maintenance of nerve structures.*

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



Actual Capsule Size

PREMIUM

**Nature's
Way**

QUALITY

B-100 Complex



**ENERGY &
NERVES***

100 Capsules / **with B2 Coenzyme**

DIETARY SUPPLEMENT

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

Recommendation: Take 1 capsule daily, preferably with food.

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 100

Amount Per Serving	% Daily Value	
Thiamin (as Thiamin HCl)	100 mg	6667%
Riboflavin (as Riboflavin/Riboflavin 5-phosphate)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B6 (as Pyridoxine HCl/pyridoxal 5-phosphate)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin tritrate)	100 mcg	1667%
Biotin (as Biotin trituration)	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Inositol	100 mg	**
Choline (as Choline bitartrate)	25 mg	**

**Daily Value not established.

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

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