

PRODUCT BENEFITS: B-100 Complex provides an excellent source of B vitamins to help promote a sufficient daily intake. The B-Complex is essential for the maintenance of a healthy nervous system.* The B-Complex also plays a role in energy metabolism in the body.*

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, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

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

Laboratory Tested to Guarantee Quality
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PROD. NO. 50314

To refill please call 1-800-765-6775

or visit www.physiologics.com

Carefully Manufactured by PhysioLogics, LLC

2100 Smithtown Ave., Ronkonkoma, NY 11779 U.S.A.



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PhysioLogics®

B-100 Complex

Supports
Nervous System Health*

Dietary Supplement
60 Vegetarian 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	400 mcg	100%
Vitamin B-12 (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)	20 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

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

TAMPER RESISTANT: Do not use if seal under cap is broken or missing.

KEEP OUT OF REACH OF CHILDREN.

Store at room temperature and avoid excessive heat.