



21st Century®...for a healthier future.

B-100 Complex

B vitamins are interdependent upon each other and interrelated in function, they convert food into energy and help maintain the nervous system and body tissues.* Prolonged release vitamins slowly release nutrients into the body over an extended period of time.

500302-0414



Directions: As a vitamin supplement, take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if: pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.



PROUDLY MANUFACTURED BY
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500302-0414

21ST CENTURY®



VITAMIN SUPPLEMENT

PROLONGED RELEASE

B-100 Complex

**Helps Convert Food Into Energy
and Helps Maintain the Nervous System***

60 Tablets

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% DV†
Thiamin (Vitamin B-1)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%
Calcium (as Calcium Carbonate)	124 mg	12%

†Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Stearic Acid, Cellulose, Silicon Dioxide, Hydroxypropyl Cellulose, Ethylcellulose, Pharmaceutical Glaze, Magnesium Stearate, PEG.

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