

Each required nutrient in the Vitamin B Complex performs a unique role in maintaining proper metabolic functioning, while nutritionally supporting the body during the stress of daily living. B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy. In addition, these vitamins play a necessary role in supporting cardiovascular health, the promotion of a healthy nervous system, support for normal muscle function, as well as red blood cell formation.*

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

Carefully Manufactured by:

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SOLGB71149 00B



B-COMPLEX “100”

**ENERGY METABOLISM*
CARDIOVASCULAR HEALTH*
NERVOUS SYSTEM SUPPORT***

**GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS**



250 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	100 mg	6667%
Riboflavin (vitamin B2)	100 mg	5882%
Niacin (vitamin B3) (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	100 mcg	1667%
Biotin (as D-biotin)	100 mcg	33%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	100 mg	1000%
Inositol	100 mg	**
Choline (as choline bitartrate)	20 mg	**

****Daily Value (DV) not established**

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

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

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

