

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

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy.

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

*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:

**Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.**

**For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com**

©2010 Solgar, Inc.

SOLGB71149 00B



B-COMPLEX "100"

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

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



50 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Servings 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%

Amount Per Serving		%DV
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		

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

SUGGESTED USE: Adults, take one (1) vegetable capsule daily, preferably at mealtime, or as directed by a healthcare practitioner.

