

Do not accept if seal is broken.

Product No. 6371

Store between 59°-86° F.

Keep out of the reach of children.



Country Life

101 Corporate Drive, Hauppauge, NY 11788

www.countrylifevitamins.com

Lot No:

10A572B
02/13

Best by:



B VITAMINS

Super Potency

ACTION B-100

Balanced B-Complex
100 Tablets

Dietary Supplement



Country Life®

Directions: Adults take one (1) tablet daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving		% Daily Value
Thiamin (vitamin B-1) (as thiamine hydrochloride)	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 (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1,000%
Inositol	100 mg	*
Choline (from 100 mg of choline bitartrate)	45 mg	*
PABA (as para-aminobenzoic acid)	30 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, magnesium stearate, silica, vanilla, vegetable glaze.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, wheat, soy, gluten, milk, salt, preservatives or artificial color.