

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

**B-Complex** delivers a higher potency formula for those wanting greater nutritional support. Comprehensive and well balanced, our Balanced B-100 formula is designed to support the diverse roles of B vitamins, including promoting skin, hair, eye, nerve, adrenal, and cardiovascular health.†

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

† 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.

# **B** COMPLEX 100 mg

Supports Cardiovascular System  
and Mental Health†

Dietary Supplement

30 VEGETARIAN TABLETS



## Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

**Amount Per Serving**

**% Daily Value**

Thiamin (as thiamin mononitrate) .....	100 mg	6666%
Riboflavin .....	100 mg	5882%
Niacin (as niacinamide) .....	100 mg	500%
Vitamin B6 (as pyridoxine HCl) .....	100 mg	5000%
Folic Acid .....	400 mcg	100%
Vitamin B12 (as cobalamin) .....	100 mcg	1666%
Biotin .....	100 mcg	33%
Pantothenic Acid (as calcium pantothenate) .....	100 mg	1000%
Choline (as choline bitartrate) .....	45 mg	*
Inositol .....	100 mg	*

\* Daily Value not established.

Other Ingredients: Cellulose, modified cellulose gum, stearic acid (vegetable source), calcium stearate (vegetable source), glycerin.

SUGGESTED USE: Take one tablet daily with food.

KEEP OUT OF REACH OF CHILDREN. 237-30M



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