



B Compleet 100™

Vitamin B Complex

DIETARY SUPPLEMENT

Promotes Energy Production*

30 Tablets

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

B Compleet 100™ provides the principal B-vitamins in a balanced high-potency formulation.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Thiamin (Vitamin B-1)(from thiamin mononitrate)	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%
Folate (as folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (from d-calcium pantothenate)	100 mg	1000%
Inositol	100 mg	**
PABA (para-aminobenzoic acid)	100 mg	**
** Daily Value (DV) not established		

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.
Arlington Heights, IL 60004

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An FDA Regulated Facility

Other Ingredients: Cellulose, hypromellose, guar gum, maltodextrin, dicalcium phosphate, croscarmellose sodium, pharmaceutical glaze, alginic acid, stearic acid (veg.), magnesium stearate (veg.), silicon dioxide, watercress powder, parsley powder, spinach powder.

Directions: Adults take one tablet daily, **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

Warning: Do not take if you are pregnant or lactating.

✓ **Gluten-free** ✓ **Sugar-free**
✓ **Preservative-free**

This formula is prepared to disintegrate over a period of up to 1 hour.

