

 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*

 **B-Vitamins** are essential to the conversion of cellular energy, manufacture of hormones and proteins, and maintenance of nerve structures.* Our B-100 Complex is carefully tested and produced to superior quality standards.

Questions? Call 1-800-9NATURE or visit naturesway.com.

SATISFACTION GUARANTEED.
Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. **Keep out of reach of children.**
STORE IN A COOL, DRY PLACE

BLK8035
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*This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PREMIUM  **QUALITY**

B-100 Complex

 **ENERGY & NERVES***

100 Capsules / with B2 Coenzyme

DIETARY SUPPLEMENT

Recommendation: Take 1 capsule daily, preferably with food. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% DV
Thiamin (as Thiamin HCl)	100 mg	6667%
Riboflavin (as Riboflavin/Riboflavin 5-phosphate)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B6 (as Pyridoxine HCl/pyridoxal 5-phosphate)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin triturate)	100 mcg	1667%
Biotin (as Biotin trituration)	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Inositol	100 mg	**
Choline (as Choline bitartrate)	25 mg	**

**Daily Value (DV) not established.

Other ingredients: gelatin (capsule), cellulose, magnesium stearate

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