



# B-complex 100

energy production<sup>v</sup>

nervous system  
function<sup>v</sup>

nutrient  
metabolism<sup>v</sup>

**vitamin**  
**100** veggie capsules  
dietary supplement

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size

## Supplement Facts

Serving Size 1 Veggie Capsule

|                                                  | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------------------------------|-----------------------|------------------|
| Thiamin (Vitamin B1)<br>(as thiamin mononitrate) | 100 mg                | 6667%            |
| Vitamin B2 (as riboflavin)                       | 100 mg                | 5882%            |
| Niacin (as niacinamide)                          | 100 mg                | 500%             |
| Vitamin B6<br>(as pyridoxine HCl)                | 100 mg                | 5000%            |
| Folic Acid                                       | 400 mcg               | 100%             |
| Vitamin B12<br>(as methylcobalamin)              | 100 mcg               | 1667%            |
| Biotin                                           | 300 mcg               | 100%             |
| Pantothenic Acid<br>(as d-calcium pantothenate)  | 100 mg                | 1000%            |
| Inositol                                         | 100 mg                | *                |
| Choline (as choline bitartrate)                  | 50 mg                 | *                |

\* Daily Value not established.

**Other ingredients:** Cellulose, silicon dioxide, microcrystalline cellulose, magnesium stearate, dicalcium phosphate.

**Does not contain:** Yeast, Wheat, Gluten, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Animal Derivatives, Artificial Colors or Flavors.

**DIRECTIONS:** As a dietary supplement, take one (1) veggie capsule daily, preferably with a meal.

**WARNING:** This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

▼ 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.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is  
broken or missing.

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