

 *Health through the 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.

Keep out of reach of children. Safety sealed with printed outer shrinkwrap and inner seal. Do not use if either is broken or missing. Store in a cool, dry place.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial colors, flavors or preservatives.

◆ LN40521.02 BLK8035



*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	6,667%
Riboflavin (as Riboflavin/ Riboflavin 5-phosphate)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B6 (as Pyridoxine HCl/ pyridoxal 5-phosphate)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1,000%
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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Questions? 1-800-9NATURE / naturesway.com