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Puritan's Pride

Mega B-100[®] B-Complex Vitamin



100
Coated
Caplets

VEGETARIAN VITAMIN SUPPLEMENT

TO REORDER ITEM # 772

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	6,667%
Riboflavin (Vitamin B-2)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
Inositol	100 mg	*
PABA (Para-Aminobenzoic Acid)	100 mg	*
Choline Bitartrate	100 mg	*
Proprietary Blend (Parsley Leaves Powder, Rice Bran Defatted Powder, Watercress Leaves Powder, Alfalfa Leaves Powder, Soy Lecithin Granules)	5 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose. **Contains <2% of:** Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains soy ingredients.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Puritan's Pride[®] supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

WARNING: Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

TO REORDER ITEM # **772**
www.puritan.com
1-800-645-1030

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