

**NATURALIST®****Yeast Free**

# B<sub>100</sub> COMPLEX

**Supports Heart and  
Nervous System Health\***

Dietary Supplement

**50 TABLETS**

## Supplement Facts

Serving Size 1 Tablet

| 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<br>(Parsley Leaves Powder, Rice Bran Defatted Powder, Watercress Leaves Powder, Alfalfa Leaves Powder, Soy Lecithin Granules) | 5 mg         | **     |

\*\*Daily Value not established.

**Other Ingredients:** Cellulose (Plant Origin), Hydroxypropyl Cellulose, Croscarmellose. **Contains <2% of:** Cellulose Coating, Dicalcium Phosphate, Mannitol, Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains soy ingredients.

### IMPORTANT FACTS YOU SHOULD KNOW

The B Complex is made up of several vitamins that work well together to support nervous system health.\* B Complex vitamins also support energy metabolism.\* Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well-being.\*

**DIRECTIONS:** FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor, sodium.

### Vegetarian Formula

**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 AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.**

\*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.

Quality Guaranteed Lab Tested  
Laboratory tested to meet strict quality control standards for potency, purity and disintegration. 100% Quality Guaranteed.

Manufactured by Rexall Sundown, Inc.  
Boca Raton, FL 33487 USA  
1-888-VITAHELP (848-2435)

Prod. No.  
45137



08E B770  
©2016

ACTUAL  
SIZE