

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which converts food into energy.*

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

*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.

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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SOLGB71149 03E



B-COMPLEX "100"

ENERGY METABOLISM*
CARDIOVASCULAR HEALTH*
NERVOUS SYSTEM SUPPORT*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



50 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	100 mg 6667%
Riboflavin (vitamin B2)	100 mg 5882%
Niacin (vitamin B3) (as niacinamide)	100 mg 500%
Vitamin B6 (as pyridoxine HCl)	100 mg 5000%

Amount Per Serving	%DV
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	100 mcg 1667%
Biotin (as d-biotin)	100 mcg 33%
Pantothenic Acid (vitamin B5) (as d-calcium pantothenate)	100 mg 1000%
Inositol	100 mg **
Choline (as choline bitartrate)	20 mg **
**Daily Value (DV) not established	

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

