

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

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:
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B-COMPLEX "100"

ENERGY METABOLISM*
CARDIOVASCULAR HEALTH*
NERVOUS SYSTEM SUPPORT*

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

50 TABLETS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Thiamin	100 mg	6667%
(vitamin B1) (as thiamin mononitrate)		
Riboflavin (vitamin B2)	100 mg	5882%
Niacin	100 mg	500%
(vitamin B3) (as niacinamide)		
Vitamin B6	100 mg	5000%
(as pyridoxine HCl)		
Folic Acid	400 mcg	100%
Vitamin B12	100 mcg	1667%
(as cyanocobalamin)		

Amount Per Serving		%DV
Biotin (as D-biotin)	100 mcg	33%
Pantothenic Acid	100 mg	1000%
(vitamin B5) (as D-Ca pantothenate)		
Inositol	100 mg	**
Choline	41 mg	**
(as choline bitartrate)		
Herbal Powdered Blend	2.5 mg	**
(kelp [plant], acerola extract complex [fruit]; alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb])		

****Daily Value (DV) not established**

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Titanium Dioxide (color), Vegetable Glycerin.

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

