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Each required nutrient in the Vitamin B Complex performs a unique role in maintaining proper metabolic functioning, while nutritionally supporting the body during the occasional stress of daily living. B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which converts food into energy. In addition, these vitamins play a necessary role in supporting cardiovascular and nervous system health.\*

\*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



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 1 Vegetable Capsule

| Amount Per Serving   |         | %DV   |
|--|---------|-------|
| Thiamin (vitamin B1)<br>(as thiamin mononitrate)             | 100 mg  | 6667% |
| Riboflavin (vitamin B2)                                      | 100 mg  | 5882% |
| Niacin (vitamin B3)<br>(as niacinamide)                      | 100 mg  | 500%  |
| Vitamin B6<br>(as pyridoxine HCl)                            | 100 mg  | 5000% |
| Folic Acid   | 400 mcg | 100%  |
| Vitamin B12<br>(as cyanocobalamin)                           | 100 mcg | 1667% |
| Biotin (as d-biotin)   | 100 mcg | 33%   |
| Pantothenic Acid<br>(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.

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

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

PRODUCTION # 81150  
**NOT FOR RESALE**