

SAFETY SEALED. DO NOT USE IF
PRINTED SEAL UNDER CAP IS
CUT, TORN, OR MISSING.

exchange
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TIMED RELEASE
**B-100
COMPLEX**



EVERYDAY HEALTH*

• PROMOTES & FUELS ENERGY*

50 TABLETS
DIETARY SUPPLEMENT

quality
value

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value
Thiamin 100 mg.....	6667%
Riboflavin 100 mg.....	5882%
Niacin 100 mg.....	500%
Vitamin B6 100 mg.....	5000%
Folate 400 mcg	100%
Vitamin B12 100 mcg	1667%
Biotin 100 mcg	33%
Pantothenic Acid 100 mg.....	1000%

INGREDIENTS: Thiamine Mononitrate, Pyridoxine Hydrochloride, D-Calcium Pantothenate, Riboflavin, Nicotinamide, Hydroxypropyl Methylcellulose, Microcrystalline Cellulose. Contains 2% or less of biotin, calcium phosphate, carboxymethylcellulose sodium, carnauba wax, cyanocobalamin, folic acid, magnesium stearate, maltodextrin, polyethylene glycol, polyvinyl alcohol, povidone, silicon dioxide, sodium chloride, starch.

Directions: Adults - Take one tablet daily with food as a dietary supplement.

Keep out of the reach of children.
Store at 15° - 30° C (59° - 86° F).

NO ARTIFICIAL COLORS OR FLAVORS
NO GLUTEN • NO LACTOSE • NO TRANS FAT

B-Complex vitamins assist in converting food into energy and amino acids. They are also necessary for the normal functioning of the nervous system.*

Warning: Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

*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.

**"SATISFACTION GUARANTEED
OR YOUR MONEY BACK."**

Manufactured for:
Your Military Exchanges By:
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FRESHNESS AND POTENCY GUARANTEED THROUGH:

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USA646714

