

BONUS SIZE 20% MORE

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# B-complex 100

energy production<sup>v</sup>

nervous system function<sup>v</sup>

nutrient metabolism<sup>v</sup>

vitamin  
120 veggie capsules  
dietary supplement

gluten free

dairy free

soy free

nut free

actual size

## Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin mononitrate)	100 mg	6667%
Vitamin B2 (as riboflavin)	100 mg	5882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	1000%
Inositol	100 mg	*
Choline (as choline bitartrate)	50 mg	*

\* Daily Value not established.

**Other ingredients:** Cellulose, silicon dioxide, microcrystalline cellulose, magnesium stearate, dicalcium phosphate.

**Does not contain:** Yeast, Wheat, Gluten, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Animal Derivatives, Artificial Colors or Flavors.

**DIRECTIONS:** As a dietary supplement, take one (1) veggie capsule daily, preferably with a meal.

**WARNING:** This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

**^ 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.**

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT  
Do not use if outer seal is broken or missing.

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