

Suggested Usage: Take 1 capsule daily with a meal. B-100 Caps provide a full complement of B-Vitamins plus Choline and Inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.* B-Vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment. While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy) and supplementation with B-12 may be especially important for vegetarians.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do not eat freshness packets. Keep in bottle.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

CAPSULE SIZE

CODE 0436C V9



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B-100

Nervous System Health*

- B-Complex for Maximum Effectiveness
- Supports Energy Production*



100 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Thiamin (from Thiamin HCl) (Vitamin B-1)	100 mg	8333%
Riboflavin (Vitamin B-2)	100 mg	7692%
Niacin (Vitamin B-3) (as Niacinamide)	100 mg	625%
Vitamin B-6 (from Pyridoxine HCl)	100 mg	5882%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	4167%
Biotin	100 mcg	333%
Pantothenic Acid (from Calcium Pantothenate)	100 mg	2000%
Choline (from Choline Bitartrate)	10 mg	2%
Inositol	10 mg	†
PABA (Para-Aminobenzoic Acid)	10 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Cellulose Powder, Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Natural color variation may occur in this product.

Store in a cool, dry place after opening. Please Recycle.

