

As with all Country Life products, Action B100 is certified gluten-free.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO YEAST, WHEAT OR SOY
YES CERTIFIED VEGAN BY THE AVA	NO MILK, SALT OR PRESERVATIVES
YES RECYCLABLE PACKAGING	NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
YES MANUFACTURING SUPPORTS WIND POWER	
YES KOSHER	

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store in a dry place between 59°-86° F. Keep out of the reach of children.

Lot No:

Best by:

This product has been manufactured at a GMP Registered facility.



• SUPER POTENCY •

ACTION B100

Balanced B-Complex

Certified Gluten-Free

Dietary Supplement **50** Tablets

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take one (1) tablet daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	% Daily Value	
Thiamin (vitamin B1) (as thiamine hydrochloride)	100 mg	6,667%
Riboflavin (vitamin B2)	100 mg	5,882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as calcium d-pantothenate)	100 mg	1,000%
Inositol	100 mg	*
Choline (from 100 mg of choline bitartrate)	41 mg	*
PABA (as para-aminobenzoic acid)	30 mg	*

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, magnesium stearate, silica, natural vanilla flavor, vegetable glaze.

Manufactured by Country Life, LLC
180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)
CountryLifeVitamins.com
Product No. 6370

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