

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

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG
YES CERTIFIED VEGAN BY THE AVA
YES RECYCLABLE PACKAGING
YES MANUFACTURING SUPPORTS
WIND POWER
YES KOSHER

NO YEAST, WHEAT OR SOY
NO MILK, SALT OR PRESERVATIVES
NO ARTIFICIAL COLORS, FLAVORS
OR SWEETENERS

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.

This product has been manufactured at a GMP Registered facility.

Lot No:

Best by:



09116NL

Dietary
Supplement

100 Tablets

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

ESTABLISHED
— 1971 —
Country[®]
Life

• SUPER POTENCY •
**ACTION
B100**

Balanced B-Complex
Certified Gluten-Free

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
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