



SWANSON[®]
PREMIUM BRAND
bringing wellness to the world since 1969

Balance B-100

Vitamin Supplement

High Potency

100 capsules



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule per day with water.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Thiamin USP (vitamin B-1) (as thiamin HCl)	100 mg	6,667%
Riboflavin USP (vitamin B-2)	100 mg	5,882%
Niacinamide USP	100 mg	500%
Vitamin B-6 USP (as pyridoxine HCl)	100 mg	5,000%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	100 mcg	1,667%
Biotin USP	100 mcg	33%
Pantothenic Acid USP (as d-calcium pantothenate)	100 mg	1,000%
Choline Bitartrate FCC	100 mg	*
Inositol FCC	100 mg	*
PABA USP (para-aminobenzoic acid)	100 mg	*

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silica.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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