

Also available  
in 90 count

# B-Complex 100

*herbal base - continuous release*

*dietary supplement*

60 VEGETARIAN TABLETS



## Supplement Facts

Serving Size: 1 Vegetarian Tablet

| Amount Per Serving                                                                                                   | % DV†              |
|----------------------------------------------------------------------------------------------------------------------|--------------------|
| Thiamin (thiamin HCl) .....                                                                                          | 100 mg..... 6,666  |
| Riboflavin (vitamin B2) .....                                                                                        | 100 mg..... 5,882  |
| Niacinamide .....                                                                                                    | 100 mg..... 500    |
| Vitamin B6 (from pyridoxine HCl) .....                                                                               | 100 mg..... 5,000  |
| Folic Acid .....                                                                                                     | 400 mcg..... 100   |
| Vitamin B12 (cyanocobalamin).....                                                                                    | 100 mcg..... 1,666 |
| Biotin .....                                                                                                         | 100 mcg..... 33    |
| Pantothenic Acid (from d-calcium pantothenate) .....                                                                 | 100 mg..... 1,000  |
| Inositol .....                                                                                                       | 100 mg..... *      |
| PABA (para-aminobenzoic acid) .....                                                                                  | 50 mg..... *       |
| Choline (from choline bitartrate) .....                                                                              | 45 mg..... *       |
| Proprietary Herbal Base .....                                                                                        | 16 mg..... *       |
| Proprietary Herbal Base contains: hops strobiles, peppermint leaf, chamomile flower, rice polish, and yarrow flower. |                    |

† - % Daily Value \* - Daily Value Not Established

Other Ingredients: Vegetable stearate, deep mined calcium phosphate, cellulose, silica, and magnesium stearate.

**NO** corn, soy, salt, yeast, wheat, milk & egg products, sugar, starch, or preservatives.

Our Continuous Release B-Complex tablets are formulated to provide a continuous and uniform release of B-Complex Vitamins over a 6 to 8 hour period. Each batch is laboratory tested to insure conformance to this rigid standard.

One tablet daily, as a dietary supplement.

PR 230

