

Also available
in 90 count

hypoallergenic
B-Complex 100

stress formula
dietary supplement

60 VEGETARIAN CAPSULES



Supplement Facts

Serving Size: 1 Vegetarian Capsule

Amount Per Serving		% DV†
Thiamin (thiamin HCl)	100 mg	6,667
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	1,667
Biotin	100 mcg	33
Pantothenic Acid (from d-calcium pantothenate)	100 mg	1,000
Inositol	100 mg	*
PABA (para-aminobenzoic acid)	60 mg	*
Choline (from choline bitartrate)	47 mg	*

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable cellulose (preservative-free, from capsule shell), magnesium trisilicate, vegetable stearate, magnesium stearate, silica, and rice polish.

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

One capsule daily, as a dietary supplement.

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