



# B-complex 100

energy production<sup>v</sup>

nervous system  
function<sup>v</sup>

nutrient  
metabolism<sup>v</sup>

**vitamin**  
**300 tablets**  
dietary supplement

gluten  
free

dairy  
free

soy  
free

nut  
free

actual size



## Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (as thiamin hydrochloride)	100 mg	8333%
Vitamin B2 (as riboflavin)	100 mg	7692%
Niacin (as niacinamide)	100 mg	625%
Pyridoxine (Vitamin B6) (as pyridoxine hydrochloride)	100 mg	5882%
Folic Acid	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as methylcobalamin)	100 mcg	4167%
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%
Choline (as choline bitartrate)	50 mg	9%
Inositol	100 mg	*

\* Daily Value not established.

**Other ingredients:** Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze, hypromellose, natural vanilla flavor, carnauba wax, glycerin.

**Does not contain:** Wheat, Gluten, Sugar, Salt, Soy, Dairy, Fish, Artificial Colors or Flavors.

<sup>v</sup> These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

**DIRECTIONS:** As a dietary supplement, take one (1) tablet daily, preferably with a meal.

**WARNING:** This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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