

- No Preservatives
- No Artificial Colors
- No Artificial Flavors

meijer
Naturals™

B-Complex 100

Sustained Release

Dietary
Supplement

100 TABLETS

**NERVOUS
SYSTEM**

Vitamins help convert food into energy and lower the body's response to stress. Folic acid and Vitamin B-12 ensure the development of the nervous system and red blood cells. †

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin B-1 (as thiamine HCL)	100 mg	6,667%
Vitamin B-2 (as riboflavin)	100 mg	5,882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine HCL)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B-12		
(as cyanocobalamin)	100 mcg	1,667%
Biotin	100 mcg	33%
Pantothenic Acid		
(as d-Ca pantothenate)	100 mg	1,000%
Para aminobenzoic acid	100 mg	*
Choline (as bitartrate)	40 mg	*
Inositol	100 mg	*

*Daily Value Not Established

Other Ingredients: Rice bran, alfalfa, parsley, watercress, (May contain one or more of the following; magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate, silica, vegetable gum and natural vanilla powder).

Contains No Added sugar, salt, dairy, yeast, wheat, corn, or soy.

Suggested Use: As a dietary supplement, adults take one (1) tablet daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

Keep out of reach of children.

†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.

DIST. BY MEIJER
DISTRIBUTION, INC.
GRAND RAPIDS, MI 49544
www.meijer.com
QUESTIONS OR COMMENTS?
1 800-879-8623

378



Actual
Tablet
Size