Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

Suggested Use: As a dietary supplement, adults take one (1) capsule 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.

B-Complex 100

Balanced B-Complex

Dietary Supplement

100 Capsules

SUPPLEMENT FACTS

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin B-1 (as thiamine HCl)	100 mg	8,333%
Vitamin B-2 (as riboflavin)	100 mg	7,692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (as pyridoxine HCl)	100 mg	5,882%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	10 mg	2%
Inositol	25 mg	*
Para aminobenzoic acid (PABA)	25 mg	*

*Daily Value not established

Other Ingredients: Gelatin, water (capsules), magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate and silica.

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BAR CODE PLACEHOLDER
DO NOT REMOVE