

**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) 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.**

SUSTAINED RELEASE  
**B-Complex**  
**100**

High Potency Balanced B-Complex

**VEGETARIAN**

*Dietary Supplement*

100 Tablets

**SUPPLEMENT FACTS**

Serving Size 1 Tablet

	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 d-calcium pantothenate)	100 mg	2,000%
Choline (as bitartrate)	40 mg	7%
Inositol	100 mg	*
Para aminobenzoic acid (PABA)	100 mg	*

\*Daily Value not established

**Other Ingredients:** Modified cellulose, vegetable stearin, cellulose, food glaze with vanilla flavor, silica, magnesium vegetable stearate, alfalfa, brown rice bran, parsley and watercress.