

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.