

**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	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, magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate, silica, vegetable gum and natural vanilla powder.