

# B-COMPLEX 100

## Balanced B-Complex

*Dietary Supplement*

### Supplement Facts

Serving Size: 1 Capsule

	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	25 mg	*
Choline (as bitartrate)	10 mg	*
Inositol	25 mg	*

\*Daily Value Not Established

**Other Ingredients:** Gelatin (capsules), (May contain one or more of the following; magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate and silica).

**Contains No Added** sugar, salt, dairy, yeast, wheat, 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.

**QUALITY AND POTENCY GUARANTEED.**