

VITAMIN B 100 COMPLEX CAPLETS

Use: as a dietary supplement. Helps increase energy.*

Directions: Adults: take 1 caplet daily preferably with a meal.

SUPPLEMENT FACTS

Serving Size 1 Caplet

	Amount Per Caplet	% Daily Value
Thiamin (vitamin B-1) (as thiamine mononitrate)	100 mg	6667%
Riboflavin (as vitamin B-2)	100 mg	5882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine hydrochloride)	100 mg	5,000%
Folate (as folic acid)	100 mcg	25%
Vitamin B-12 (as cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic acid (as d-calcium pantothenate)	100 mg	1000%
Calcium (as dicalcium phosphate)	77 mg	8%
Natural Food Base	100 mg	**
Choline Bitartrate		
Inositol		
PABA (as para-amino benzoic acid)		
Alfalfa (leaf)		
Lecithin		
Parsley (leaf)		
Rice Bran (seed)		
Watercress (plant)		

** Daily Value not established.

Other ingredients: microcrystalline cellulose, croscarmellose sodium, stearic acid, hydroxypropyl methylcellulose, silicon dioxide, guar gum.

Keep this product out of reach of children. Ask a health professional before using if you are pregnant or breast-feeding.

Store product at room temperature. Protect from excessive heat and moisture. **Safety sealed:** do not use if the imprinted seal under the cap is broken or missing.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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