






## B-Complex "100" Tablets

Suitable For Vegetarians

Sugar, Salt and Starch Free

Energy Support*

B vitamins play a role in cellular respiration, keeping the machinery that turns food into energy running smoothly.*

**Supplement Facts**
Serving Size 1 Tablet

| | Amount Per Tablet | % Daily Value |
|---|---|---|
| Total Carbohydrate | <1 g | <1%* |
| Thiamin (as thiamin mononitrate) | 100 mg | 6667% |
| Riboflavin | 100 mg | 5882% |
| Niacin (as niacinamide) | 100 mg | 500% |
| Vitamin B6 (as pyridoxine HCl) | 100 mg | 5000% |
| Folic Acid | 400 mcg | 100% |
| Vitamin B12 (as cobalamin) | 100 mcg | 1667% |
| Biotin (as D-biotin) | 100 mcg | 33% |
| Pantothenic Acid (from D-Ca pantothenate) | 100 mg | 1000% |
| Inositol | 100 mg | ** |
| Choline (as choline bitartrate) | 41 mg | ** |

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Silica, Vegetable Cellulose, Vegetable Magnesium Stearate, Titanium Dioxide, Vegetable Glycerin, Natural Powdered Base (alfalfa [whole plant], acerola [fruit], kelp [whole plant], parsley [aerial], rose hips [fruit], watercress [whole plant], Carnauba Wax.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Solgar's B-Complex "100" Tablets are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

**For more information call**: 1-877-SOLGAR 4

**UPC Code(s)**: 1160,1161,1162

**Available in Bottles of**: 50,100,250

*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.

**Return to Search Results**

Copyright 1996 - 2003 Solgar Vitamin and Herb