



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.

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