Product Information

B-100 Complex S.R.



Description:	
Item#:	52303
Size:	30ct
Suggested Retail Price:	$7.49
Directions:	As a dietary supplement, take 1 tablet daily with a meal or glass of water.
Serving Size:	1 Tablet 30 Servings per container

Ingredients:	Amount per serving:	% Daily Value: +
PABA (Para-Aminobenzoic Acid)	100 mg	~
Inositol	100 mg	~
Choline (as Choline Bitartrate)	100 mg	~
Natural Support Base (Parsley, Whole Rice Bran, Watercress, Alfalfa and Lecithin)	25 mg	~
Dietary Fiber	1 g	1%
Total Carbohydrate	1 g	<1%
Biotin	100 mcg	33%

Thiamin (as Thiamine HCl) (B-1)	100 mg	6667%
Riboflavin (B-2)	100 mg	5882%
Vitamin B-6 (as Pyridoxine HCl)	100 mg	5000%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-12 (as Cobalamin Concentrate)	100 mcg	1667%
Pantothenic Acid (as Calcium d-Pantothenate)	100 mg	1000%
Folate (as Folic Acid)	400 mcg	100%

Key to Ingredients:
~ = Daily Value not established.
+ = Percent Daily Value is based on a 2,000 calorie diet.
† = Values differ depending on age
‡ = Values differ depending on age

Other Ingredients:	Cellulose, stearic acid, silica, magnesium stearate
Other:	See product label for more information.

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