Where to buy

Product Information

Item	**B-100 Complex**
Size/Form	100 Tablets
SKU Number	237
Recommended Daily Dosage	Take 1 tablet daily with a meal.

Categories

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Newsletter

Supplement Encyclopedia

Featured Product

• *Daily Value of B-Vitamins*

• *With UltraGreen Proprietary Blend*

• *With Stress Support**

SUPPLEMENT FACTS

Serving Size: 1 Tablet
Servings Per Container: 100

Ingredient	Amt Per Serving	% Daily Value
Thiamin (Vitamin B-1) (as Thiamin HCl)	100 mg	6667%
Riboflavin (Vitamin B-2)	100 mg	5882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1000%
Calcium (as Calcium Carbonate)	17 mg	2%
Choline (as Choline Bitartrate)	100 mg	**
Inositol	100 mg	**
PABA (p-Amino Benzoic Acid)	100 mg	**
UltraGreen Base (Alfalfa juice, Barley Grass, Spirulina, Parsley, Spinach leaf, Peppermint leaf, Spearmint leaf)	150 mg	**

**Daily Value Not Established.

Other Ingredients

Cellulose, Silica, Cellulose Gum, Stearic Acid, Magnesium Stearate, Methylcellulose, Glycerine.

NO Yeast, Wheat, Corn, Milk, Egg, Soy, Glutens, Artifical Colors or Flavors, Added Sugar, Starch or Preservatives.

Other Information

STORE IN A COOL DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

*** 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.**

For product questions, please e-mail customer-service@natrol.com,
or contact a Consumer Relations Representative toll free at
800-2-NATROL (800-262-8765)

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