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Vitamin B-100 Caps High Potency B Complex - 250 Caps



B-100 Caps are a blend of key B vitamins combined with other nutritional factors for enhanced synergism. This formula provides recommended potencies of the most important B vitamins and is designed to supply your body's required daily intake in one complete supplement.

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PRODUCT #: 0438
UPC: 733739004383
SRP: $33.99
Where to Buy
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Nutrition Info

Servings Per Container: 250
Serving Size: 1 Capsule

	Amount Per Serving	% Daily Value
Thiamine (Vitamin B-1)	100 mg	6670%
Riboflavin (Vitamin B-2)	100 mg	5880%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5000%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1670%
Biotin	100 mcg	30%
Folic Acid	400 mcg	100%
Pantothenic Acid (as Calcium Pantothenate)	100 mg	1000%
PABA	10 mg	†
Choline Bitartrate	100 mg	†
Inositol	100 mg	†

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

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By Neil E. Levin, CCN, DANLA Nutrition Educator for NOW Foods Bloomingdale, Illinois A report published in the medical journal JAMA this week

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Serving Size: 1 Capsule

Suggested Use: As a dietary supplement, take one capsule daily, preferably with meals.
Free of: sugar, salt, starch, yeast, wheat, gluten, corn, soy, egg, milk.

Other Ingredients: Gelatin (capsule), Magnesium Stearate and Silica.

Warnings: Please discard the inedible freshness packet enclosed.

Disclaimers: None

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