

ITEM #2812  
B2810 11J



ACTUAL SIZE



**Timed Release**

# B-100<sup>®</sup>

Ultra B-Complex

**Promotes Energy Metabolism  
and Nervous System Health\***

**Once Daily Formula**

*Dietary Supplement*

**100 TABLETS**



## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	6,667%
Riboflavin (Vitamin B-2)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
PABA (Para-Aminobenzoic Acid)	100 mg	**
Inositol	100 mg	**
Choline Bitartrate	100 mg	**
Proprietary Blend (Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran)	1 mg	**

\*\*Daily Value not established.

**Other Ingredients:** Hypromellose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate.

**No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Fish, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.**

**\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

**Directions:** For adults, take one (1) tablet daily, preferably with a meal.

The Ultra Vitamin B-Complex is made up of several vitamins that work well together to support nervous system health and energy metabolism.\* Each nutrient in this powerful blend performs a unique role in promoting proper metabolic function.\* Folic Acid is part of a triad of vitamins- along with vitamin B-6 and vitamin B-12 that support heart health.\* B-100<sup>®</sup> Ultra B-Complex gives you the boost you need to cope with the occasional stress you may experience from living in the modern world.\*

Specially formulated to provide a gradual release of B Vitamins over a prolonged period of time for maximum nutritional benefit.

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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