

21ST
CENTURY®



DIETARY SUPPLEMENT

PROLONGED RELEASE

Complex B-100

Helps Convert Food Into Energy
And Helps Maintain The Nervous System*

60 Caplets

Directions: Take one (1) caplet daily with any meal for maximum daily results, or as directed by a health care provider.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.

21ST Century HealthCare, Inc.
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Supplement Facts

Serving Size: 1 Caplet

Amount Per Serving	% DV†
Thiamin (Vitamin B-1)	100 mg 6667%
Riboflavin (Vitamin B-2)	100 mg 5882%
Niacin (as Niacinamide)	100 mg 500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mcg 5000%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg 1667%
Biotin	100 mcg 33%
Pantothenic Acid (as Calcium Pantothenate)	100 mg 1000%
Calcium (as Calcium Carbonate)	124 mg 12%

† Percent Daily Value (DV) based on a 2,000 calorie diet.

Other Ingredients: Hydroxypropyl Methylcellulose, Cellulose, Stearic Acid, Silicon Dioxide, Hydroxypropyl Cellulose, Pharmaceutical Glaze, Ethylcellulose, Magnesium Stearate.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



21ST Century® ... for a healthier future.

Complex B-100

B vitamins are interdependent upon each other and interrelated in function, they convert food into energy and help maintain the nervous system and body tissues. Prolonged release vitamins slowly release nutrients into the body over an extended period of time.*

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