

**Bluebonnet's B-Complex 100 Vegetable Capsules** are formulated with a full spectrum of high potency B vitamins which play a complementary role in maintaining physiologic and metabolic functions that support energy production and nervous system health. ♦



**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybeans and sesame.

Also free of gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Manufactured by  
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♦ 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.



**Bluebonnet**



# B-Complex 100

Energy Production & Nervous System Health ♦



Dietary Supplement **100** Vegetable Capsules

**Directions:** As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

## Supplement Facts

Serving Size 1 Capsule  
 Servings Per Container 100

Amount Per Serving		% Daily Value
Thiamin (as thiamin mononitrate)	100 mg	8333%
Riboflavin (as vitamin B <sub>2</sub> )	100 mg	7692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	100 mg	5882%
Folate (as 400 mcg folic acid)	667 mcg DFE	167%
Vitamin B <sub>12</sub> (as cyanocobalamin)	100 mcg	4167%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2000%
Choline (as bitartrate)	41 mg	7%
Inositol	100 mg	*
PABA (para-aminobenzoic acid)	50 mg	*

\*Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate.