

DIETARY SUPPLEMENT

Suggested Usage: 1 tablet per day or as directed by a health professional. Keep out of reach of children.

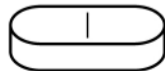
Complete B Time Release tablets are designed to gradually release their contents over an 8-hour period for maximum bioavailability. The B vitamins work together to metabolize proteins, carbohydrates and fats, and provide the body with energy. They also support a healthy nervous system and mood, and are essential for healthy skin, hair and vision.* Water-soluble B vitamins are not stored in the body and must be replenished daily.

All Natural Factors products are manufactured in accordance with the Government of Canada's Good Manufacturing Practices (GMP), among the highest standards in the world.

Contains no artificial preservatives, colors or sweeteners; no dairy, wheat or yeast. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

***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.**

PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
1111-80th St. SW, Ste. 100
Everett WA, USA 98203



Actual Size

**Purity & Potency
Guaranteed**



90 Tablets

**SUPPORT FOR ENERGY
& NORMAL NERVE FUNCTION***

**natural
Factors**

**COMPLETE
B 100 mg**

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (as thiamin hydrochloride)	100 mg	6,667%
Riboflavin	100 mg	5,882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	100 mcg	1,667%
Biotin	300 mcg	100%
Pantothenic Acid (as calcium pantothenate)	100 mg	1,000%
Calcium (from di-calcium phosphate and calcium pantothenate)	73 mg	7%
Choline (as choline bitartrate)	84 mg	**
Inositol	100 mg	**
Para-Aminobenzoic Acid	100 mg	**

** Daily Value not established.

Other ingredients: Cellulose, coating, magnesium stearate (vegetable grade), soy lecithin.

