

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor and Preservatives.**

**B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which converts food into energy.\***

Not intended for use by pregnant or nursing women. If you are taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

\*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.

**Carefully Manufactured by:**  
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**1-877-SOLGAR 4, [www.solgar.com](http://www.solgar.com)**

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**SOLGB71160 02D**



# B-COMPLEX "100"

**ENERGY METABOLISM\***  
**CARDIOVASCULAR HEALTH\***  
**NERVOUS SYSTEM SUPPORT\***

**GLUTEN, WHEAT & DAIRY FREE**  
**SUITABLE FOR VEGANS**

**100 TABLETS**

**DIETARY SUPPLEMENT**



## Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	100 mg	8,333%
Riboflavin (vitamin B2)	100 mg	7,692%
Niacin (vitamin B3) (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	100 mg	5,882%
Folate (400 mcg folic acid)	666 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	100 mcg	4,167%

Amount Per Serving		%DV
Biotin (as D-biotin)	100 mcg	333%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	41 mg	7%
Inositol	100 mg	**
Herbal Powdered Blend (kelp [plant], acerola extract complex [fruit]; alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb])	2.5 mg	**

\*\*Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Titanium Dioxide (color), Vegetable Glycerin.

**SUGGESTED USE:** As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

