



B-100

Vitamin B-100 Complex S.R. is a maximum strength B-complex that gradually releases for up to 6 to 8 hours.

B1 (THIAMIN) – Essential for converting the carbohydrates in foods into energy. Plays a role in promoting healthy nerves and may be useful in treating certain types of heart disease. Can improve the pumping power of the heart for people with congestive heart failure.

B2 (RIBOFLAVIN) – Plays a vital role in the production of thyroid hormone, which speeds up metabolism and helps assure a steady supply of energy. Aids the body in producing infection-fighting immune cells, and it works in conjunction with Iron to manufacture red blood cells. It produces substances that assist powerful antioxidants, such as Vitamin E, in protecting cells against damage.

NIACIN – Needed to release energy from carbohydrates. Also involved in controlling blood sugar, keeping skin healthy and maintaining proper functioning of the nervous and digestive systems.

B6 – Functions as a coenzyme, a substance that acts in concert with enzymes to speed up chemical reactions in the cells. Forms red blood cells, helps cells make proteins, releases stored forms of energy and manufactures brain chemicals such as serotonin.

B12 – Helps process carbohydrates, proteins and fats in your food into energy. Also forms the protective covering of your nerve cells and keeps your red blood cells healthy and helps prevent heart disease.

BIOTIN – Needed for a lot of body processes that break down fats, proteins, and carbohydrates into fuel you can use. Biotin is sometimes called Vitamin H.

FOLIC ACID – Utilized thousands of times a day by the body for every function that requires cell division. Critical to RNA and DNA formation. Makes blood cells, heals wounds and builds muscles.

CONTENTS	% DAILY VALUE
Vitamin B-1 (thiamine mononitrate) 100mg	6666%
Vitamin B-2 (riboflavin) 100mg	5882%
Niacin (as niacinamide) 100mg	500%
Vitamin B-6 (pyridoxine hcl) 100mg	5000%
Folic Acid 400mcg	100%
Vitamin B-12 (cyanocobalamin) 100mcg	1666%
Biotin 100mcg	33%
Pantothenic Acid (cal. Pantothenate) 100mg	1000%
Choline (bitartrate) 100mg	*
Inositol (hexonicotinate) 100mg	*
Para-Aminobenzoic acid 100mg	*

Other ingredients: Magnesium stearate, stearic acid, croscarmellose sodium, silicon dioxide, methylcellulose, parsley, rice bran and watercress.

Suggested Use: One tablet daily.

CAUTION: This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.