

Vital Health



Also available
in 90 count

continuous release

B-Complex 100

herbal base

a dietary supplement

60 Vegetarian Tablets



Supplement Facts

Serving Size: 1 Vegetarian Tablet

| Amount Per Serving | | % DV† |
|--|--------------|-------|
| Thiamin (thiamin HCl) | 100 mg..... | 6,666 |
| Riboflavin (vitamin B2) | 100 mg..... | 5,882 |
| Niacinamide | 100 mg..... | 500 |
| Vitamin B6 (from pyridoxine HCl) | 100 mg..... | 5,000 |
| Folic Acid | 400 mcg..... | 100 |
| Vitamin B12 (cyanocobalamin)..... | 100 mcg..... | 1,666 |
| Biotin | 100 mcg..... | 33 |
| Pantothenic Acid (from d-calcium pantothenate) | 100 mg..... | 1,000 |
| Inositol | 100 mg..... | * |
| PABA (para-aminobenzoic acid) | 50 mg..... | * |
| Choline (from choline bitartrate) | 45 mg..... | * |
| Proprietary Herbal Base | 16 mg..... | * |

Proprietary Herbal Base contains: hops strobiles, peppermint leaf, chamomile flower, rice polish, and yarrow flower.

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable stearate, deep mined calcium phosphate, cellulose, silica, and magnesium stearate.
NO corn, soy, salt, yeast, wheat, milk & egg products, sugar, starch, or preservatives.

Our Continuous Release B-Complex tablets are formulated to provide a continuous and uniform release of B-Complex Vitamins over a 6 to 8 hour period. Each batch is laboratory tested to insure conformance to this rigid standard.

One tablet daily, as a dietary supplement.

PR 230

Manufactured by Highland Laboratories
PO Box 199, Mt. Angel, OR 97362

