



LL689-9

STORE IN A COOL, DRY PLACE

BEST BEFORE END:

BATCH NUMBER:

LAMBERTS®

THE PROFESSIONAL RANGE

Vitamin B-100 Complex

Maximum Strength B vitamins for
normal energy-yielding metabolism
with Choline and Inositol

Vegan
FOOD SUPPLEMENT
60 Tablets

DIRECTIONS: Take 1 tablet daily with a meal, or as directed by a practitioner or pharmacist. Do not exceed recommended daily intake.

Food supplements should not replace a balanced diet and a healthy lifestyle.

CAUTION: Do not take if pregnant or breastfeeding.

INGREDIENTS: Bulking Agents (Cellulose & DiCalcium Phosphate), Thiamine Mononitrate, Pantothenic Acid (Calcium Pantothenate), Inositol, Riboflavin, Niacin (Nicotinamide), Choline Bitartrate, Hydroxypropyl Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate), Para Aminobenzoic Acid, Humectant (Crosslinked Cellulose Gum), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerol), Vitamin B6 (Pyridoxine Hydrochloride), Folic Acid, Vitamin B12 (Methylcobalamin), Biotin.

PRODUCT INFORMATION

Typically per tablet:	%NRV*
Thiamin (B1)	100mg 9090
Riboflavin (B2)	100mg 7143
Niacin (B3)	100mg NE 625
Vitamin B6	10mg 714
Folic Acid	400µg 200
Vitamin B12	100µg 4000
Biotin	100µg 200
Pantothenic Acid (B5)	100mg 1667
Choline Bitartrate	100mg
Inositol	100mg
PABA	30mg

*NRV = Nutrient Reference Value

- Suitable for vegetarians
- Suitable for vegans

KEEP AWAY FROM CHILDREN

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