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This formula provides natural fuel for increased energy while Folic acid supports the health of pregnant women. B vitamins support healthy cognitive and nerve function as well as memory, mood, and emotional well-being.

PABA (Para-aminobenzoic acid) is also a member of Vitamin B group. It is necessary for maintaining the reproductive glands and organs, maintaining natural hair color, fighting bacteria and for the protection from sunburns and other burns.

### Vita-B 100 Tablets helps

» Aids healthy bacteria in producing folic acid and in the formation of red blood cells.

## Vita-B 100 Tablets

B-Complex with PABA

### Supplement Facts

Serving Size: 1 Tablet  
Servings per container: 60

Active Ingredients	Amount per serving	%DV
Vitamin B1 (Thiamine Hydrochloride)	100 mg	6675%
Vitamin B2 (Riboflavin)	100 mg	5896%
Vitamin B3 (Niacinamide)	100 mg	500%
Pantothenic Acid	100 mg	1000%
Vitamin B6 (Pyridoxine Hydrochloride)	100 mg	5000%
Vitamin B9 (Folic acid)	800 mcg	200%
Vitamin B12 (Cyanocobalamin)	100 mcg	1667%
Biotin	100 mcg	36%
Calcium (Calcium carbonate)	17 mcg	2%
Choline Bitartrate	100 mg	18%
Inositol	100 mg	†
PABA (para-Aminobenzoic Acid)	100 mg	†

\* Percent Daily Values(DV) are based on a 2000 calorie diet.  
† Daily Value not established.

