

OTHER INGREDIENTS: Cellulose, modified cellulose gum, stearic acid (vegetable source), silica, calcium stearate (vegetable source), and glycerine.

CONTAINS NO artificial colours, flavours or preservatives; no yeast, wheat, gluten, milk, eggs, peanuts, tree nuts, soya, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF THE REACH OF CHILDREN. Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied diet.

Long-term intake of 100 mg of Vitamin B6 may lead to tingling and numbness.

**We Guarantee Our Supplements
for Potency and Purity**

G. BALDWIN & CO
LONDON SE17 1RW
www.baldwins.co.uk

G Baldwin & Co

BALANCED B-100



Food Supplement
90 VEGETARIAN TABLETS

Product Information

Serving Size 1 Tablet

Amount Per Serving		% RDA†
Thiamin (B1) (as thiamin mononitrate)	100 mg	9090%
Riboflavin B2	100 mg	7143%
Niacin (B3) (as niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxine HCl)	100 mg	7142%
Folic Acid	400 µg	200%
Vitamin B12 (as cobalamin)	100 µg	4000%
Biotin	100 µg	200%
Pantothenic Acid (B5) (as calcium pantothenate)	100 mg	1667%
Choline (as choline bitartrate)	45 mg	*
Inositol	100 mg	*

† Recommended Daily Allowance

* RDA not established

DIRECTIONS FOR USE: Take one tablet daily with food.

For Best Before End see bottom of the bottle.

STORE IN A COOL DRY PLACE

UK 237-90UM

