

The B-Complex is essential for the maintenance of healthy nervous system.* The B vitamins play a role in energy metabolism in the body.* These tablets provide an excellent source of Thiamin (Vitamin B-1), Riboflavin (Vitamin B-2), Niacin (Vitamin B-3), and Vitamin B-12 to help safeguard a sufficient daily intake.

Suitable for Vegetarians

Nutrition Questions or Comments?

Call 1-800-433-2990

Mon. - Sat. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit www.NaturesBounty.com

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Prod. No. 190 B190 10E

NATURE'S BOUNTY®

B-Complex with B-12

**Supports Energy
Metabolism***



90 tablets VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet one to two times daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	7 mg	467%
Riboflavin (Vitamin B-2)	14 mg	824%
Niacin	4.5 mg	23%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	417%
Brewer's Yeast	50 mg	**
Protease (as Papain Powder)	10 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid. **Contains <2% of:** Silica, Vegetable Magnesium Stearate.

Contains wheat ingredients.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Avoid this product if you are allergic to yeast. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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