

The B Vitamin Complex is made up of several vitamins that work synergistically to support nervous system health.* Our high-potency B Complex is combined with Vitamin C to support heart health and also features 100% of the daily value for Folic Acid to support healthy homocysteine levels already within normal range.*

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. 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.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

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. 13168 B52596 06F

NATURE'S BOUNTY®

SUPER

B-Complex

with Folic Acid plus Vitamin C

Supports Energy Metabolism*



100 tablets



VITAMIN SUPPLEMENT

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

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin C (as Ascorbic Acid)	60 mg	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	25 mg	1,667%
Riboflavin (Vitamin B-2)	20 mg	1,176%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	1,000 mcg	333%
Pantothenic Acid (as d-Calcium Pantothenate)	5.5 mg	55%

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

Suitable for Vegetarians

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