

*Nutritional Support for  
Natural Energy Production.\**

IN A SPECIAL BASE WHICH PROVIDES FOR THE GRADUAL  
RELEASE OF INGREDIENTS OVER A PROLONGED PERIOD OF TIME.

Free from artificial colors and preservatives. Free from the common  
allergens yeast, wheat, soy and milk.

**DIRECTIONS:** As a dietary supplement, one tablet daily, prefer-  
ably with a meal.

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.**

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

**MICRO-GEL** SUSTAINED RELEASE SYSTEM

PRODUCT NO. 1454



Vegetarian  Hypo-Allergenic

# Nature's Plus®

## The Energy Supplements®

SUSTAINED RELEASE  
Dietary Supplement

# MEGA B-150

## Balanced B-Complex



60 Tablets



Now with  
**Methylcobalamin  
& Methylfolate!**

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                                  |         | %DV     |
|-----------------------------------------------------|---------|---------|
| Thiamin (vitamin B1) (as thiamine HCl)              | 150 mg  | 10,000% |
| Riboflavin (vitamin B2)                             | 150 mg  | 8824%   |
| Niacin (as niacinamide)                             | 150 mg  | 750%    |
| Vitamin B6 (as pyridoxine HCl)                      | 150 mg  | 7500%   |
| Folate (as calcium-L-5-methyl-<br>tetrahydrofolate) | 250 mcg | 63%     |
| Vitamin B12 (as methylcobalamin)                    | 150 mcg | 2500%   |
| Biotin                                              | 150 mcg | 50%     |
| Pantothenic Acid (as calcium pantothenate)          | 150 mg  | 1500%   |
| Inositol                                            | 150 mg  | †       |
| PABA (para-aminobenzoic acid)                       | 150 mg  | †       |
| Choline (as bitartrate)                             | 63 mg   | †       |

†Daily Value (DV) not established.

Other ingredients: Di-calcium phosphate, stearic acid, hydroxypropyl  
methylcellulose, magnesium stearate, rice bran, watercress, parsley,  
silica and pharmaceutical glaze.

Manufactured with LOVE ♥ by  
**Natural Organics Laboratories, Inc.**, makers of *Nature's Plus*  
9500 New Horizons Blvd., Amityville, New York 11701, USA  
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