

NEARLY 50 YEARS OF TRUSTED QUALITY

At Nature's Bounty, we are committed to your health. For nearly 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

- ✔ Supports Immune Health*
- ✔ Contains Biotin
- ✔ Coated Tablets
- ✔ Guaranteed Quality
- ✔ Laboratory Tested

Vitamin B-12 supports energy by converting food into energy.*

Non-GMO, No Artificial Color, No Artificial Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free. Suitable for Vegetarians.

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.

Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Join our Loyalty Program at
NaturesBountyRewards.com

Prod. No. 80530 B53161 08E

*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.



TIME RELEASED

B-Complex

with Folic Acid Plus Vitamin C

Aids in the Conversion of
Food into Energy*

ENERGY HEALTH



125 Coated 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)	120 mg	133%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	417%
Riboflavin (Vitamin B-2)	5 mg	385%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	10,417%
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%

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

★ **Made In The USA** with select ingredients from around the world

Carefully Manufactured by NATURE'S BOUNTY, INC.
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