

Since 1972

General Nutrition Support*

GUARANTEED PURE

Balanced B Complex, a vegetarian-friendly formula, provides an array of B vitamins that support nervous system function. Provides 100% or more of the Daily Value of thiamin, riboflavin, niacinamide, vitamin B₆, folic acid, vitamin B₁₂ and pantothenic acid per tablet.*

RECOMMENDATION

Take one tablet daily with a meal.

*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.

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

Product of U.S.A.



BALANCED B COMPLEX

- Vegetarian-Friendly Formula*
- Provides a Full Array of B Vitamins
- Supports Nervous System Function*

Dietary Supplement
120 TABLETS

Stock No. 1625

NATURE'S SUNSHINE PRODUCTS, INC.

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www.naturessunshine.com

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		%Daily Value
Thiamin (B ₁ , mononitrate)	4 mg	333%
Riboflavin (B ₂)	6 mg	462%
Niacin (niacinamide)	50 mg	313%
Vitamin B ₆ (pyridoxine HCl)	8 mg	471%
Folate	667 mcg DFE (400mcg folic acid)	167%
Vitamin B ₁₂ (cyanocobalamin)	50 mcg	2083%
Biotin	100 mcg	333%
Pantothenic Acid (d-calcium pantothenate)	40 mg	800%
Choline (bitartrate)	6.5 mg	1%
Calcium (dicalcium phosphate)	115 mg	9%
Phosphorus (dicalcium phosphate)	80 mg	6%

Other Ingredients: Cellulose (plant), stearic acid (vegetable), inositol, para-amino benzoic acid (PABA), magnesium stearate (vegetable), cabbage leaves (*Brassica oleracea* var. *capitata*), brown rice grain.

LOT:
Best By: