

*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. 1430



Vegetarian
Hypo-Allergenic



60 Tablets



NaturesPlus®

SUSTAINED RELEASE Dietary Supplement MEGA B-100 Balanced B-Complex

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Thiamin (vitamin B1) (as thiamine HCl)	100 mg	6667%
Riboflavin (vitamin B2)	100 mg	5882%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folate (as calcium-L-5-methyltetrahydrofolate)	100 mcg	25%
Vitamin B12 (as methylcobalamin)	100 mcg	1667%
Biotin	100 mcg	33%
Pantothenic Acid (as calcium pantothenate)	100 mg	1000%
Inositol	100 mg	†
Choline (as bitartrate)	42 mg	†
PABA (para-aminobenzoic acid)	30 mg	†

†Daily Value (DV) not established.

Other ingredients: Di-calcium phosphate, stearic acid, hydroxy-
propyl methylcellulose, rice bran, magnesium stearate, water-
cress, parsley, pharmaceutical glaze and silica.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc., makers of **Nature's Plus**
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