

The B-Complex is essential for the maintenance of a healthy nervous system.\* The B vitamins play a role in energy metabolism by converting food into energy in the body.\* These tablets provide an excellent source of Thiamin (Vitamin B-1), Riboflavin (Vitamin B-2), Niacin (Vitamin B-3), and Vitamin B-12 to help safeguard a sufficient daily intake.

Suitable for Vegetarians



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](http://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. 190 B53330 12G

NATURE'S BOUNTY®

# B-Complex with B-12

Energy  
Support\*



**DIRECTIONS:** For adults, take one (1) tablet one to two times daily, preferably with meals.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	2.5 mg	167%
Riboflavin (Vitamin B-2)	2.5 mg	147%
Niacin (as Niacinamide)	5 mg	25%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Protease (as Papain Powder)	10 mg	**

\*\*Daily Value not established.

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

**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.

Carefully Manufactured by NATURE'S BOUNTY, INC.  
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90 tablets VITAMIN SUPPLEMENT