

The B-Complex is essential for the maintenance of healthy nervous system and energy metabolism.* This formula also contains Vitamin C for immune system and antioxidant health.*

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

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

For educational health tips and to join our money saving Healthy Rewards™ program, visit 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. 530 B531 12F

NATURE'S  BOUNTY®

HIGH POTENCY

TIME  RELEASED

B-Complex

with Folic Acid plus Vitamin C



with Biotin

COATED
FOR EASY
SWALLOWING

100 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)	300 mg 500%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	18 mg 1,200%
Riboflavin (Vitamin B-2)	10 mg 588%
Niacin (as Niacinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg 250%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	10 mcg 167%
Biotin (as d-Biotin)	50 mcg 17%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg 100%
Rose Hips (<i>Rosa canina</i>) (fruit)	10 mg **

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate. Contains <2% of: Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate.

Suitable for Vegetarians

Carefully Manufactured by NATURE'S BOUNTY, INC.
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