

B vitamins are needed to convert foods into energy for the entire body. They are essential for heart, skin, eyes, hair and liver health, as well as for the nervous, immune and digestive systems and to support brain function, including systems associated with occasional anxiety. B vitamins function best when provided in a complete complex at the appropriate levels.\*

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.  
KEEP OUT OF REACH OF CHILDREN.**

**IN A SPECIAL BASE WHICH PROVIDES FOR THE GRADUAL  
RELEASE OF INGREDIENTS OVER A PROLONGED PERIOD  
OF TIME.**

**MICRO-GEL SUSTAINED RELEASE SYSTEM**

\*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.

Manufactured with LOVE ♥ by  
Natural Organics Laboratories, Inc., makers of NaturesPlus  
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PRODUCT NO. 1454



**NaturesPlus®**

SUSTAINED RELEASE  
**MEGA B-150**  
Balanced B-Complex



**60 Tablets | DIETARY SUPPLEMENT**

**DIRECTIONS:** One tablet daily, preferably with a meal.

**Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Thiamin (vitamin B1) (as thiamine HCl)	150 mg	12,500%
Riboflavin (vitamin B2)	150 mg	11,538%
Niacin (as niacinamide)	150 mg	938%
Vitamin B6 (as pyridoxine HCl)	150 mg	8824%
Folate (as calcium-L-5-methyltetrahydrofolate) (250 mcg folic acid)	417 mcg DFE	104%
Vitamin B12 (as methylcobalamin)	150 mcg	6250%
Biotin	150 mcg	500%
Pantothenic Acid (as calcium pantothenate)	150 mg	3000%
Choline (as bitartrate)	63 mg	11%
Inositol	150 mg	†
PABA (para-aminobenzoic acid)	150 mg	†

†Daily Value not established.

Other ingredients: Di-calcium phosphate, stearic acid, hydroxypropyl methylcellulose, magnesium stearate, rice bran, watercress, parsley, silica and pharmaceutical glaze.

Free from artificial colors and artificial preservatives. Free from all of the major allergens identified in the U.S. Food Allergen Labeling and Consumer Protection Act.

**VEGETARIAN** **GLUTEN FREE**

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