

DIRECTIONS: One tablet daily, preferably with or directly after a meal.

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**

**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.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc. makers of **NaturesPlus**
9500 New Horizons Blvd., Amityville, New York 11701, USA
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**PRODUCT
NO. 1480**



NaturesPlus®

B-COMPLEX

with Rice Bran



90 Tablets | DIETARY SUPPLEMENT

Supplement Facts		
Serving Size 1 Tablet		
Amount Per Serving	% Daily Value	
Thiamin (vitamin B1) (as thiamine HCl)	10 mg ...	833%
Riboflavin (vitamin B2)	10 mg ...	769%
Niacin (as niacinamide)	50 mg ...	313%
Vitamin B6 (as pyridoxine HCl)	10 mg ...	588%
Folate (as calcium-L-5-methyl-tetrahydrofolate) (100 mcg L-methylfolate)	167 mcg DFE ...	42%
Vitamin B12 (as methylcobalamin)	10 mcg ...	417%
Biotin	20 mcg ...	67%
Pantothenic Acid (as calcium pantothenate)	15 mg ...	300%
Choline (as bitartrate)	50 mg ...	9%
Inositol	50 mg	†
PABA (para-aminobenzoic acid)	10 mg	†

†Daily Value not established.
Other ingredients: Microcrystalline cellulose, stearic acid, vegetable cellulose, rice bran, magnesium stearate and pharmaceutical glaze.