






50 YEARS OF TRUSTED QUALITY


At Nature's Bounty, we are committed to your health. For 50 years we have been making trusted products, backed by science, and made with only the purest ingredients...guaranteed. So you can get the most out of life every day.

-  Supports Immune Health*
-  Contains Biotin
-  Coated Tablets
-  Guaranteed Quality
-  Laboratory Tested

Vitamin B-12 supports cellular energy by converting food into energy.*

No Artificial Color, No Artificial Flavor, No Sugar, No Starch, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free. Suitable for Vegetarians.

★ Made In The USA with select ingredients from around the world

 Nutrition Questions or Comments?
Call 1-800-433-2990
Mon. - Sat. 9 AM - 7 PM ET

Sign Up for News and Offers at
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. 80530 B53161 09F

 **NATURE'S BOUNTY**

TIME RELEASED

B-Complex

with Folic Acid Plus Vitamin C

Aids in the Conversion of Food into Cellular Energy*

ENERGY HEALTH



125 Coated 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)	120 mg	133%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	5 mg	417%
Riboflavin (Vitamin B-2)	5 mg	385%
Niacin (as Niacinamide)	25 mg	156%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	294%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	250 mcg	10,417%
Biotin	300 mcg	1,000%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%

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

Contains bioengineered food ingredients.

WARNING: If you are pregnant, nursing, taking any medications, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. 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.

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