


Nature's Bounty B Vitamin Complex Plus Electrolytes combines a high potency B complex and other important nutrients that work together to support energy metabolism and support hydration by maintaining fluid balance when taken with adequate liquid.* Vitamin C supports heart and antioxidant health.*

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.

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.

 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. 53298 B53271 02C

NATURE'S  BOUNTY®

HIGH POTENCY
B-Complex
Plus Electrolytes & Vitamin C

Supports Energy
& Hydration*



90 tablets

VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal. When you are exercising, take with one 8 oz. glass of water before or after your workout.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin C (as Ascorbic Acid)	200 mg	333%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	6,667%
Riboflavin (Vitamin B-2)	20 mg	1,176%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg	150%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	5.5 mg	55%
Sodium (as Sodium Chloride)	90 mg	4%
Potassium (as Potassium Chloride)	30 mg	1%

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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