

Specially formulated to provide a gradual release of B Vitamins over a prolonged period of time. B vitamins aid in converting food into energy in the body.*

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

WARNING: Not intended for use by pregnant or nursing women. If you are 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.

Suitable for Vegetarians

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 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. 2817 B2810 06G

NATURE'S  BOUNTY®

TIME RELEASED

HIGH POTENCY

B-100®

BALANCED
B-Complex

Supports Energy &
Nervous System Health*

COATED
FOR EASY
SWALLOWING

60 tablets



with Folic Acid

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
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	6,667%
Riboflavin (Vitamin B-2)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
PABA (Para-Aminobenzoic Acid)	100 mg	**
Inositol	100 mg	**
Choline Bitartrate	100 mg	**
Proprietary Blend (Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran)	1 mg	**

**Daily Value not established.

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

Carefully Manufactured by NATURE'S BOUNTY, INC.
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