

The B-Complex is essential for the maintenance of healthy nervous tissue and energy metabolism. This formula also contains Vitamin C for immune system and antioxidant health.* Specially formulated to provide a gradual release of Vitamins over a prolonged period of time.*

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, Sodium Free.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

 Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 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.



Healthy you
Healthy earth

Prod. No. 530 8531 11F

NATURE'S  BOUNTY®

HIGH POTENCY

TIME  RELEASED

B-Complex

with Folic Acid plus Vitamin C



100 tablets

VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) to two (2) tablets daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Vitamin C	300 mg	500%
Thiamin	18 mg	1,200%
Riboflavin	10 mg	568%
Niacin	50 mg	250%
Vitamin B-6	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12	10 mcg	167%
Biotin	50 mcg	17%
Pantothenic Acid	10 mg	100%

Ingredients: Ascorbic Acid, Hypromellose, Dicalcium Phosphate, Vegetable Cellulose, Nicotinamide, Thiamin Mononitrate, d-Calcium Pantothenate, Riboflavin, Rose Hips, Silica, Pyridoxine Hydrochloride, Vegetable Magnesium Stearate, Folic Acid, Biotin, Cyanocobalamin.

Suitable for Vegetarians

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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