

These tablets provide a high-potency complex of B vitamins to help safeguard a sufficient daily intake. The B complex contributes to the health of the nervous system.\* The B vitamins also play a role in energy metabolism in the body.\* Choline and Inositol are also included.\* Vitamin C plays an important role in supporting immune function.\* As an antioxidant, Vitamin C helps neutralize harmful free radicals in cells.\*

**WARNING:** Not intended for use by pregnant or nursing women. If you are taking any medications, consult your doctor before use. Avoid this product if you are allergic to yeast. 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



 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](http://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. 332 B330 06F

NATURE'S  BOUNTY®

TIME RELEASED

SUPER STRESS

# B-Complex with C-500

Supports  
Nervous System  
Health\*



COATED  
FOR EASY  
SWALLOWING

60 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)	500 mg	833%
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride)	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)	500 mcg	8,333%
Biotin (as d-Biotin)	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
Choline Bitartrate	50 mg	**
Inositol	50 mg	**
PABA (Para-Aminobenzoic Acid)	50 mg	**
Citrus Bioflavonoids (Citrus spp.) (fruit)	50 mg	**
Proprietary Blend (Brewer's Yeast, Soy Lecithin, Alfalfa, Watercress, Rice Bran and Parsley)	5 mg	**

\*\*Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.

Contains wheat and soy ingredients.

Carefully Manufactured by NATURE'S BOUNTY, INC.  
Bohemia, NY 11716 U.S.A. © 2011 Nature's Bounty, Inc.