

The B Complex is made up of several vitamins that provide nourishment for busy lifestyles.* The B Complex is also important for nervous system health and well-being.* Our formula is additionally fortified with high-potency Vitamin C and Zinc, two essential nutrients for immune system function.*

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. 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.

No Artificial Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Fish. Sodium Free.

Suitable for Vegetarians

 **Nutrition Questions or Comments?**
Call NutraPhone® 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. 18530 B18563 03C

NATURE'S BOUNTY®

1 PER DAY

STRESS B-Complex with C & Zinc

**Support for Today's
Busy Lifestyles***

**Supports Immune
System Health***



75 tablets

DIETARY 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 Niacinamide Ascorbate and Ascorbic Acid)	500 mg	833%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	20 mg	1,333%
Riboflavin (Vitamin B-2)	5 mg	298%
Niacin (as Niacinamide Ascorbate)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	20 mg	1,000%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	20 mcg	333%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	20 mg	200%
Calcium (as Dicalcium Phosphate)	60 mg	6%
Phosphorus (as Dicalcium Phosphate)	46 mg	5%
Zinc (as Zinc Oxide)	24 mg	159%
Copper (as Cupric Oxide)	3 mg	150%
Proprietary Blend (Debittered Brewer's Yeast, Soy Lecithin, Alfalfa Leaf Powder, Rice Bran Powder, Parsley Powder, Watercress Powder)	5 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose. Contains <2% of: FD&C Yellow No. 5 Lake, FD&C Yellow No. 6 Lake, Silica, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains wheat and soy ingredients.

Carefully Manufactured by **NATURE'S BOUNTY, INC.**
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