

The B Vitamin Complex is made up of several vitamins that work well together to support nervous system health and provide nourishment for the stress of daily living.* Our high-potency B Complex is combined with Vitamin C to support heart and antioxidant health, and also features 100% of the daily value for Folic Acid to support healthy homocysteine levels.*

WARNING: If you are pregnant, nursing or 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 in a cool, dry place. Do not use if seal under cap is broken or missing.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Fish, Sodium Free.

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.



Prod. No. 13168 B14752 04E

NATURE'S BOUNTY®

SUPER B-Complex with Folic Acid plus Vitamin C



with Biotin

COATED
FOR EASY
SWALLOWING

100 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	180 mg	300%
Thiamin	100 mg	6,667%
Riboflavin	30 mg	1,179%
Niacin	25 mg	125%
Vitamin B-6	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12	30 mcg	600%
Biotin	45 mcg	15%
Pantothenic Acid	5.5 mg	65%
Debittered Brewer's Yeast	100 mg	**

**Daily Value not established.

Ingredients: Ascorbic Acid, Thiamin Mononitrate, Vegetable Cellulose, Dicalcium Phosphate, Brewer's Yeast, Nicotinamide, Riboflavin, Vegetable Stearic Acid, Silica, d-Calcium Pantothenate, Pyridoxine Hydrochloride, Vegetable Magnesium Stearate, Folic Acid, Biotin, Cyanocobalamin.

Contains wheat ingredients.

Suitable for Vegetarians

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