

NATURE'S BOUNTY®

B-100®

Ultra B-Complex

Promotes Energy
Metabolism & Nervous
System Health*



COATED
FOR EASY
SWALLOWING

50 coated tablets VITAMIN SUPPLEMENT

The B Complex is made up of several vitamins that work well together to support nervous system health. B Complex vitamins also promote energy metabolism.* Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well-being.**

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

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

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

Carefully Manufactured by NATURE'S BOUNTY, INC.
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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	100 mcg	25%
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%
Inositol	12.5 mg	**
PABA (Para-Aminobenzoic Acid)	12.5 mg	**
Choline Bitartrate	12.5 mg	**
Proprietary Blend (Parsley Leaf Powder, Rice Bran Defatted Powder, Watercress Leaf Powder, Alfalfa Leaf Powder, Soy Lecithin Granules)	62.5 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Silica, Calcium Silicate, Vegetable Magnesium Stearate.

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