

The B-Complex is essential for the maintenance of healthy nervous tissue. The B vitamins play a role in energy metabolism in the body.* These tablets provide an excellent source of B-Complex vitamins to help safeguard a sufficient daily intake.*

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
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*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. 190 B190 09D

NATURE'S  BOUNTY®

B-Complex Plus B-12

Promotes Energy
Metabolism*



90 tablets VITAMIN SUPPLEMENT

DIRECTIONS: For adults, take one (1) to six (6) tablets daily, preferably with a meal.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1)	7 mg	467%
(as Thiamin Hydrochloride and Brewer's Yeast)		
Riboflavin (Vitamin B-2)	14 mg	824%
(as Riboflavin and Brewer's Yeast)		
Niacin	4.5 mg	23%
(as Niacin and Brewer's Yeast)		
Vitamin B-12	25 mcg	417%
(as Cyanocobalamin and Brewer's Yeast)		
Protease	10 mg	**
(as Papain Powder)		

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Vegetable Stearic Acid, Croscarmellose, Silica, Mannitol, Vegetable Magnesium Stearate.

Contains wheat ingredients.

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.

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