

Specially formulated to provide a gradual release of B Vitamins over a prolonged period of time.

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

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 a cool, dry place. Do not use if seal under cap is broken or missing.

Suitable for Vegetarians



Prod. No. 2817 B2810 04E



TIME RELEASED
HIGH POTENCY

B-100®
BALANCED
B-Complex



with Folic Acid

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
Thiamin	100 mg 6,667%
Riboflavin	100 mg 5,882%
Niacin	100 mg 500%
Vitamin B-6	100 mg 5,000%
Folic Acid	400 mcg 100%
Vitamin B-12	100 mcg 1,667%
Biotin	100 mcg 33%
Pantothenic Acid	100 mg 1,000%
PABA	100 mg *
Inositol	100 mg *
Choline Bitartrate	100 mg *
Proprietary Blend	1 mg (Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran)

*Daily Value not established.

Ingredients: Vegetable Cellulose, Thiamin Mononitrate, d-Calcium Pantothenate, Pyridoxine Hydrochloride, Riboflavin, Inositol, Niacinamide, Choline Bitartrate, Para-Aminobenzoic Acid, Silica, Vegetable Magnesium Stearate, Folic Acid, Alfalfa, Watercress, Parsley, Soy Lecithin, Rice Bran, Cyanocobalamin, Biotin.

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
© 2010 Nature's Bounty, Inc.

