

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.*

No Artificial Color or Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Soy, No Gluten, No Wheat, No Yeast, 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. 6470 B15036 08H

NATURE'S BOUNTY®

1 PER DAY
TABLET

HIGH POTENCY

B-Complex

with Folic Acid plus Vitamin C

Promotes Energy
Metabolism*

COATED
FOR EASY
SWALLOWING

Provides 8 Key
B-Factors

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	300 mg	500%
Thiamin	15 mg	1,000%
Riboflavin	10.2 mg	600%
Niacin	50 mg	250%
Vitamin B-6	5 mg	250%
Folic Acid	400 mcg	100%
Vitamin B-12	6 mcg	100%
Biotin	5 mcg	2%
Pantothenic Acid	10 mg	100%

Ingredients: Ascorbic Acid, Vegetable Cellulose, Dicalcium Phosphate, Niacinamide, Thiamin Hydrochloride, d-Calcium Pantothenate, Riboflavin, Pyridoxine Hydrochloride, Calcium Silicate, Vegetable Magnesium Stearate, Silica, Folic Acid, Cyanocobalamin, Biotin.

Suitable for Vegetarians

WARNING: If you are pregnant, nursing or 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 at room temperature. Do not use if seal under cap is broken or missing.

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

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