

Since 1972

## Vital Nutrition Support

### GUARANTEED PURE

Vitamin B-Complex, Balanced is suitable for vegetarians both because of its high level of B<sub>12</sub> and because no animal byproducts are used. Since the same amount of each B vitamin is not necessarily needed by the body, this formula is balanced to assist B<sub>12</sub> absorption.

### RECOMMENDATION

Take one tablet daily with a meal.

*This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials in its products that are subject to color variation.*

Product of U.S.A.

0 99904 01625 5



# BALANCED B COMPLEX

Dietary Supplement  
120 TABLETS

Stock No. 1625-4

NATURE'S SUNSHINE PRODUCTS, INC.

Spanish Fork, Utah 84660 1-800-223-8225

[www.naturessunshine.com](http://www.naturessunshine.com) ©2011

### Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	%Daily Value
Thiamin (B <sub>1</sub> )	5 mg 333%
Riboflavin (B <sub>2</sub> )	6 mg 353%
Niacin (niacinamide)	50 mg 250%
Vitamin B <sub>6</sub> (pyridoxine HCl)	9 mg 450%
Folic Acid	400 mcg 100%
Vitamin B <sub>12</sub> (cyanocobalamin)	50 mcg 833%
Biotin	100 mcg 33%
Pantothenic Acid (d-calcium pantothenate)	45 mg 450%
Calcium (di-calcium phosphate)	120 mg 12%
Phosphorus (di-calcium phosphate)	90 mg 9%

Other Ingredients: Cellulose (plant fiber), stearic acid (vegetable), inositol, choline, para-amino benzoic acid (PABA), magnesium stearate (vegetable), cabbage leaves (*Brassica oleracea* var. *capitata*), rice bran polish.

LOT:  
Full Potency Through: