

***Nutritional Support for
Natural Energy Production.****

**IN A SPECIAL BASE WHICH PROVIDES FOR THE GRADUAL RELEASE
OF INGREDIENTS OVER A PROLONGED PERIOD OF TIME.**

Free from artificial colors and preservatives. Free from the common
allergens yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement, one tablet daily, preferably
with a meal.

**KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

***This statement has not been evaluated by the Food and Drug
Administration. This product is not intended to diagnose, treat,
cure or prevent any disease.**

MICRO-GEL SUSTAINED RELEASE SYSTEM

PRODUCT NO. 1455



Vegetarian

Hypo-Allergenic

Natures Plus®

**SUSTAINED RELEASE
Dietary Supplement**

**Now with
Methylcobalamin
& Methylfolate!**

MEGA B-150
**Balanced
B-Complex**



90 Tablets



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Thiamin (vitamin B1) (as thiamine HCl)	150 mg	10,000%
Riboflavin (vitamin B2)	150 mg	8824%
Niacin (as niacinamide)	150 mg	750%
Vitamin B6 (as pyridoxine HCl)	150 mg	7500%
Folate (as calcium-L-5-methyl-tetrahydrofolate)	250 mcg	63%
Vitamin B12 (as methylcobalamin)	150 mcg	2500%
Biotin	150 mcg	50%
Pantothenic Acid (as calcium pantothenate)	150 mg	1500%
Inositol	150 mg	†
PABA (para-aminobenzoic acid)	150 mg	†
Choline (as bitartrate)	63 mg	†

†Daily Value (DV) not established.

Other ingredients: Di-calcium phosphate, stearic acid, hydroxy-propyl methylcellulose, magnesium stearate, rice bran, watercress, parsley, silica and pharmaceutical glaze.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc.
makers of **Nature's Plus**

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