



Healthy you  
Healthy earth

**NATURE'S BOUNTY**

TIME RELEASED

**HIGH POTENCY**

**BALANCED**

**B-100**

**B-COMPLEX**

with  
**FOLIC  
ACID**

**COATED  
FOR EASY  
SWALLOWING**

**B**

**100** TABLETS

DIETARY SUPPLEMENT

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

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

**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.

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.

Suitable for vegetarians.

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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](http://www.NaturesBounty.com)

Carefully Manufactured by  
**NATURE'S BOUNTY, INC.**  
Bohemia, NY 11716 U.S.A.  
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## 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 (Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran)	1 mg	*

\*Daily Value not established.

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



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