

Prod. No. 4970



**NATURE'S BOUNTY**

**TIME RELEASED**

**HIGH POTENCY**

**BALANCED**

**B-50**

**B-COMPLEX**

**Coated For Easy Swallowing**

VITAMIN SUPPLEMENT

**60** TABLETS

**with FOLIC ACID**



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

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

**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.

**TAMPER RESISTANT:** Do not use if seal under cap is broken or missing. **KEEP OUT OF REACH OF CHILDREN.** Store in a dry place and avoid excessive heat.

Nutrition Questions or Comments?  
Call NutraPhone® 1-800-433-2990  
Mon. - Fri. 9 AM - 7 PM ET

Visit us on the Web  
[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	50 mg	3,333%
Riboflavin	50 mg	2,941%
Niacin	50 mg	250%
Vitamin B-6	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid	50 mg	500%
Proprietary Blend	50 mg	*
Inositol, Choline Bitartrate, PABA (Para-Aminobenzoic Acid), Alfalfa, Watercress, Parsley, Soy Lecithin, and Rice Bran		

\*Daily Value not established.

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

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