

Prod. No. 190



NATURE'S BOUNTY®

# B-COMPLEX and B-12

Promotes Energy  
Metabolism & Nervous  
System Health\*\*

USP  
DIETARY  
SUPPLEMENT  
90 TABLETS



These tablets provide an excellent source of B-Complex vitamins to help safeguard a sufficient daily intake. The B-Complex is essential for the maintenance of healthy nervous tissue.\*\* The B vitamins play a role in energy metabolism in the body.\*\*

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

Pregnant or lactating women should consult a doctor before using any product. **Consult doctor before use if you have, or have had,** malabsorption syndrome, chronic pancreatitis, Cystic Fibrosis, if you are taking **ANY PRESCRIPTION MEDICATION** including blood-thinners, or daily aspirin, if you have, or have had, a bleeding disorder or if you plan to have, or have had, recent surgery. **Discontinue use and consult your doctor if any adverse reactions occur including gastrointestinal discomfort. NOT INTENDED FOR USE BY PERSONS UNDER THE AGE OF 18.**

**TAMPER RESISTANT:** Do not use if imprinted seal under cap is broken. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

\*\*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.

## Supplement Facts

Serving Size 1 tablet

Amount Per Serving	%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Hydrochloride and Brewer's Yeast)	7 mg 467%
Riboflavin (Vitamin B-2) (as Riboflavin and Brewer's Yeast)	14 mg 824%
Niacin (as Niacin and Brewer's Yeast)	4.5 mg 23%
Vitamin B-12 (as Cyanocobalamin and Brewer's Yeast)	25 mcg 417%
Protease (as Papain Powder)	10 mg *

\*Daily Value not established.

**OTHER INGREDIENTS:** Dicalcium Phosphate, Cellulose (Plant Origin), Vegetable Stearic Acid, Croscarmellose, Silica, Mannitol, Vegetable Magnesium Stearate.

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  
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