

Prod. No. 530



NATURE'S BOUNTY

**TIME RELEASE
B-COMPLEX
+ C
HIGH POTENCY
VITAMINS**

DIETARY
SUPPLEMENT

100 TABLETS



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

Coated for ease of swallowing.

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

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

**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	
Vitamin C (as Ascorbic Acid and Rose Hips)	200 mg	333%
Thiamin (Vitamin B-1) (as Thiamine Mononitrate)	10 mg	667%
Riboflavin (Vitamin B-2)	10 mg	588%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Vitamin B-12 (as Cyanocobalamin)	10 mcg	167%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	100%

OTHER INGREDIENTS: Dicalcium Phosphate, Cottonseed Oil, Calcium Sulfate, Carbomer, Hydroxypropyl Methylcellulose, Food Glaze, Magnesium Silicate, Silica, Vegetable Magnesium Stearate, Guar Gum, Mannitol.

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