

Prod. No. 770



# B-100<sup>®</sup>

## Ultra B-Complex

**Promotes Nervous System Health and Energy Metabolism\*\***

DIETARY SUPPLEMENT

50 TABLETS



B6177

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The B Complex is made up of several vitamins that work well together to support nervous system health.\*\* B Complex vitamins also promote energy metabolism.\*\* Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well being.\*\*

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

Coated for ease of swallowing.

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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.

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)  
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**NATURE'S BOUNTY, INC.**  
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### Supplement Facts

Serving Size 1 tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	100 mg	6,667%
Riboflavin (Vitamin B-2)	100 mg	5,882%
Niacin (as Niacinamide)	100 mg	500%
Vitamin B-6 (as Pyridoxine Hydrochloride)	100 mg	5,000%
Folic Acid	100 mcg	25%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1,667%
Biotin (as d-Biotin)	100 mcg	33%
Pantothenic Acid (as d-Calcium Pantothenate)	100 mg	1,000%
Inositol	12.5 mg	*
PABA (Para-Aminobenzoic Acid)	12.5 mg	*
Choline Bitartrate	12.5 mg	*
Proprietary Blend (Parsley Leaves Powder, Rice Bran Defatted Powder, Watercress Leaves Powder, Alfalfa Leaves Powder, Lecithin Granules)	62.5 mg	*

\*Daily Value not established.

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

This product is yeast free.