

Prod. No.  
2812



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# TIME RELEASE B-100<sup>®</sup> Ultra B-Complex

DIETARY  
SUPPLEMENT

100 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.\*\* Choline and Inositol are essential components of cell membranes and play important roles in cell growth and function.\*\*

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.

<sup>®</sup>Licensed Registered Trademark

**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<sup>®</sup> 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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\*\*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 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	400 mcg	100%
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%
PABA (Para-Aminobenzoic Acid)	100 mg	*
Inositol	100 mg	*
Choline Bitartrate	100 mg	*
Proprietary Blend (Alfalfa, Watercress, Parsley, Lecithin and Rice Bran)	1 mg	*

\*Daily Value not established.

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