

Prod. No. 4970



NATURE'S BOUNTY

TIME RELEASE

B-50[®]

Vitamin B-Complex

Promotes Nervous System Health and Energy Metabolism**

DIETARY SUPPLEMENT

60 TABLETS



B4971

03A

Supplement Facts

Serving Size 1 tablet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%

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

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.****

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.

Amount Per Serving	%Daily Value	
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as D-Biotin)	50 mcg	17%
Pantothenic Acid (as D-Calcium Pantothenate)	50 mg	500%
Proprietary Blend Inositol, Choline Bitartrate, PABA (Para-Aminobenzoic Acid), Alfalfa, Watercress, Parsley, Lecithin and Rice Bran.	50 mg	*

*Daily Value not established.

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

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