

ITEM #583
B6059 91



ACTUAL SIZE



B-50[®]

B-Complex Vitamin

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

Dietary Supplement

100 TABLETS



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%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
PABA (Para-Aminobenzoic Acid)	50 mg	**
Inositol	50 mg	**
Choline Bitartrate	50 mg	**
Proprietary Blend (Alfalfa, Watercress, Parsley, Soy Lecithin, Rice Bran)	2.5 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Silica, Hydroxypropylcellulose, Vegetable Magnesium Stearate.

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

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Fish, No Sugar, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

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.*

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

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