

21ST
CENTURY®



DIETARY SUPPLEMENT

PROLONGED RELEASE

Complex B-50

**Helps Convert Food Into Energy
And Helps Maintain The Nervous System***

60 Tablets

Directions: Take one (1) tablet daily with any meal for maximum daily results, or as directed by a medical practitioner.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

Unconditionally guaranteed for purity, freshness and label potency. No Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.

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Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	% DV
Thiamin (Vitamin B-1)	50 mg 3334%
Riboflavin (Vitamin B-2)	50 mg 2941%
Niacin (as Niacinamide)	50 mg 250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg 833%
Biotin	50 mcg 16.7%
Pantothenic Acid (as Calcium Pantothenate)	10 mg 100%
Calcium (as Calcium Carbonate)	115 mg 11%

Daily Value (DV).

Other Ingredients: Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid, Silicon Dioxide, Hydroxypropyl Cellulose, Ethylcellulose, Pharmaceutical Glaze, Magnesium Stearate.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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21ST Century® ... for a healthier future.

Complex B-50

B vitamins are interdependent upon each other and interrelated in function, they convert food into energy and help maintain the nervous system and body tissues. Prolonged release vitamins slowly release nutrients into the body over an extended period of time.*

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