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ACTUAL SIZE

Visit us at www.nowfoods.com

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

CAUTION: PLEASE DISCARD THE INEDIBLE FRESHNESS PACKET ENCLOSED.

SUGGESTED USAGE: As a dietary supplement, take one capsule daily, preferably with meals.

B-50 Capsules are a blend of key B vitamins combined with other nutritional factors for enhanced synergism. This formula provides recommended potencies of the most important B vitamins and is designed to supply your body's required daily intake in one complete supplement. Look for this and other fine NOW® products in health food stores nationwide.



B-50 Caps

B-Complex Vitamins

250 Capsules

A Dietary Supplement

**Supplement Facts**

Serving Size 1 Capsule

	Amount Per Serving	%Daily Value
Thiamine (as Thiamine HCl) (Vitamin B-1)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2500%
Folate (Folic Acid)	400 mcg	100%
Vitamin B-12 (Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid	50 mg	500%
PABA	50 mg	†
Choline (as Choline Bitartrate)	50 mg	†
Inositol	50 mg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium Stearate and Silica. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk or additives.