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Item No. 585



Puritan's Pride®
PREMIUM

Mega

B-50®

B-Complex Vitamin



250

**Easy to Swallow
Coated Caplets**

VEGETARIAN VITAMIN SUPPLEMENT

TO REORDER ITEM # 585

Supplement Facts

Serving Size 1 Caplet

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, Vegetable Magnesium Stearate.

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

DIRECTIONS: For adults, take one (1) to two (2) caplets daily, preferably with a meal.

Puritan's Pride Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

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.

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www.puritan.com

1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Oakdale, NY 11769 U.S.A.
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