

ACTUAL SIZE

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CODE 0420

V2

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Store in a cool, dry place. Please Recycle.

**Do Not Eat Freshness Packet. Keep in Bottle.**

Contains no sugar, salt, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

daily intake in one complete supplement.

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

and Tru-C BioComplex™.

**SUGGESTED USAGE:** As a dietary supplement, take one capsule daily with a meal. Consider taking this product in combination with NOW® Relora®, Super Cortisol Support

## NUTRITIONAL HEALTH

- B-Complex For Maximum Effectiveness
- Supports Energy Production\*

**100 Capsules**

A Dietary Supplement



# B-50

## Supplement Facts

Serving Size 1 Capsule

|                                              | Amount<br>Per Serving | % Daily<br>Value |
|----------------------------------------------|-----------------------|------------------|
| Thiamin (from Thiamine HCl) (Vitamin B-1)    | 50 mg                 | 3333%            |
| Riboflavin (Vitamin B-2)                     | 50 mg                 | 2941%            |
| Niacin (as Niacinamide) (Vitamin B-3)        | 50 mg                 | 250%             |
| Vitamin B-6 (from Pyridoxine HCl)            | 50 mg                 | 2500%            |
| Folic Acid                                   | 400 mcg               | 100%             |
| Vitamin B-12 (as Cyanocobalamin)             | 50 mcg                | 833%             |
| Biotin                                       | 50 mcg                | 17%              |
| Pantothenic Acid (from Calcium Pantothenate) | 50 mg                 | 500%             |
| PABA                                         | 50 mg                 | †                |
| Choline (from Choline Bitartrate)            | 50 mg                 | †                |
| Inositol                                     | 50 mg                 | †                |

† Daily Value not established.

Other ingredients: Gelatin (capsule), Cellulose, Silica and Magnesium Stearate (vegetable source).

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108 Made in the U.S.A. [www.nowfoods.com](http://www.nowfoods.com)