ACTUAL SIZE

7 33739 00426 0

CODE 0426
V2

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

SUGGESTED USAGE: As a dietary supplement, take one tablet daily with a meal. Consider taking this product in combination with NOW® Relora®, Super Cortisol Support and Tru-C BioComplex™.

B-50 Tablets 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.

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

Vegetarian/Vegan Product

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

NOW®

B-50

NUTRITIONAL HEALTH

- B-Complex for Maximum Effectiveness
- Supports Energy Production*

100 Tablets

A Dietary Supplement
Vegetarian Formula

QUALITY GMP ASSURED

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamine (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%
Folate (Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (Vitamin B-5)	50 mg	500%
PABA	50 mg	†
Choline (from Choline Bitartrate)	50 mg	†
Inositol	50 mg	†

† Daily Value not established.

Other Ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source), Silica and Vegetable Coating.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd. Bloomingdale, IL 60108 Made in the U.S.A. www.nowfoods.com