

ACTUAL SIZE

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CODE 0410 V2

Do Not Eat Freshness Packet. Keep in Bottle.  
Store in a cool, dry place. Please Recycle.

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

complete supplement.

B-50 Complex with C is a blend of key B vitamins combined with vitamin C and other nutritional factors for enhanced synergism. This formula provides recommended potencies of the most important B vitamins as well as vitamin C, and is designed to supply your body's required daily intake in one

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

High in B-12 and Pantothenic Acid

100 Capsules  
A Dietary Supplement

NUTRITIONAL HEALTH

B-50



## Supplement Facts

Serving Size 1 Capsule

|                                            | Amount<br>Per Serving | % Daily<br>Value |
|--------------------------------------------|-----------------------|------------------|
| Vitamin C (as Ascorbic Acid)               | 250 mg                | 417%             |
| 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%            |
| Folic Acid                                 | 400 mcg               | 100%             |
| Vitamin B-12 (as Cyanocobalamin)           | 100 mcg               | 1667%            |
| Biotin                                     | 50 mcg                | 17%              |
| Pantothenic Acid (Vitamin B-5)             | 100 mg                | 1000%            |
| PABA                                       | 50 mg                 | †                |
| Choline Bitartrate                         | 50 mg                 | †                |
| Inositol                                   | 50 mg                 | †                |

† Daily Value not established.

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

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)