

Do not accept if seal is broken. Product No. 6350
Store between 59°-86° F. Keep out of the reach of children.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Yeast, corn, wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.

This product has been manufactured at an NSF GMP Registered facility.

05M11L

Lot No:

Best by:



B VITAMINS

ACTION B-50 CAPS

Balanced B Complex
Gluten-Free
Vegetarian Capsules
Dietary Supplement

Country[®]
Life

Directions: Adults take one (1) capsule daily, preferably with a protein-containing meal. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Thiamin (vitamin B1) (as thiamine hydrochloride)	50 mg . 3,333%
Riboflavin (vitamin B2)	50 mg . 2,941%
Niacin (as niacinamide)	50 mg ... 250%
Vitamin B6 (as pyridoxine hydrochloride).....	50 mg . 2,500%
Folic Acid.....	100 mcg .. 25%
Vitamin B12 (as cyanocobalamin).....	50 mcg .. 833%
Biotin (as d-biotin)	50 mcg ... 17%
Pantothenic Acid (as d-calcium pantothenate).....	50 mg .. 500%
Inositol.....	50 mg *
Choline (from 50 mg of choline bitartrate)	23 mg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, calcium silicate, silica..

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