



B-50

NUTRITIONAL HEALTH

Powder

Net Wt. 4 oz. (113 g)

A Dietary Supplement
Vegetarian Formula



SUGGESTED USAGE: As a dietary supplement, take one rounded 1/4 heaping teaspoon daily, preferably with meals. B-50 Powder is a blend of key B vitamins combined with other nutritional factors for enhanced synergism. This formula provides high potencies of the most important B vitamins and is designed to supply your body's required daily intake in one complete supplement.

Do Not Eat Freshness Packet. Keep in Bottle.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108

www.nowfoods.com



Supplement Facts

Serving Size 1/4 Heaping Teaspoon
Servings Per Container about 220

	Amount Per Serving	%Daily Value
Vitamin B-1 (as Thiamine HCl)	50 mg	3330%
Vitamin B-2 (Riboflavin)	50 mg	2950%
Vitamin B-3 (Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2500%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	850%
Biotin	100 mcg	30%
Folic Acid	100 mcg	25%
Pantothenic Acid (as D-Calcium Pantothenate)	50 mg	500%
PABA	50 mg	†
Choline (Bitartrate)	50 mg	†
Inositol	50 mg	†

† Daily Value not established.

Other ingredients: Rice Flour.

Contains no yeast, wheat, gluten, sugar, salt, corn, soy or milk.

Vegetarian Formula.