

# B-COMPLEX 50

Balanced B-Complex

Dietary Supplement

100 Capsules



## Supplement Facts

Serving Size: 1 Capsule

| Amount<br>Per<br>Serving | % Daily<br>Value |
|--------------------------|------------------|
|--------------------------|------------------|

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Serving Size: 1 Capsule

| Amount<br>Per<br>Serving                      | % Daily<br>Value |
|-----------------------------------------------|------------------|
| Vitamin B-1 (as thiamine HCl)                 | 50 mg 3,333%     |
| Vitamin B-2 (as riboflavin)                   | 50 mg 2,941%     |
| Niacin (as niacinamide)                       | 50 mg 250%       |
| Vitamin B-6 (as pyridoxine HCl)               | 50 mg 2,500%     |
| Folic Acid                                    | 400 mcg 100%     |
| Vitamin B-12<br>(as cyanocobalamin)           | 50 mcg 833%      |
| Biotin                                        | 50 mcg 17%       |
| Pantothenic Acid<br>(as calcium pantothenate) | 50 mg 500%       |

|                                               |         |        |
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| Vitamin B-12<br>(as cyanocobalamin)           | 50 mcg  | 833%   |
| Biotin                                        | 50 mcg  | 17%    |
| Pantothenic Acid<br>(as calcium pantothenate) | 50 mg   | 500%   |
| Para aminobenzoic acid                        | 50 mg   | *      |
| Choline (as choline bitartrate)               | 20 mg   | *      |
| Inositol                                      | 50 mg   | *      |

\*Daily Value not established

Other Ingredients: Gelatin, water (capsules), cellulose, silica, magnesium stearate, vegetable stearin, dicalcium phosphate, rice bran, alfalfa, parsley and watercress.

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Contains No sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) capsule daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light. Keep out of reach of children.

QUALITY AND POTENCY GUARANTEED.

Distributed by:  
Newflower Farmers Markets  
Boulder, CO  
1-866-890-8949

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