

# Balance B-50

Vitamin Supplement

250 capsules



**SWANSON**  
PREMIUM BRAND  
*bringing wellness to the world since 1969*

• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.  
• KEEP OUT OF REACH OF CHILDREN.

**SUGGESTED USE:** As a dietary supplement, take one capsule per day with water.

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving                                  | % Daily Value                            |
|-----------------------------------------------------|------------------------------------------|
| Thiamin USP (vitamin B-1)<br>(as thiamin HCl)       | 50 mg 4,167%                             |
| Riboflavin USP (vitamin B-2)                        | 50 mg 3,846%                             |
| Niacinamide USP                                     | 50 mg NE 313%                            |
| Vitamin B-6 USP (as pyridoxine HCl)                 | 50 mg 2,941%                             |
| Folate                                              | 665 mcg DFE 166%<br>(400 mcg folic acid) |
| Vitamin B-12 USP (as cyanocobalamin)                | 50 mcg 2,083%                            |
| Biotin USP                                          | 50 mcg 167%                              |
| Pantothenic Acid USP<br>(as d-calcium pantothenate) | 50 mg 1,000%                             |
| Choline FCC (from choline bitartrate)               | 50 mg 9%                                 |
| Inositol FCC                                        | 50 mg *                                  |
| PABA USP (para-aminobenzoic acid)                   | 50 mg *                                  |
| *Daily Value not established.                       |                                          |

Other ingredients: Gelatin, rice flour, magnesium stearate, silica.

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