

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Directions: As a dietary supplement, take one capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's B-Complex 50 Capsules contain a full spectrum of high potency B vitamins in their purest form. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by

Bluebonnet Nutrition Corporation

12915 Dairy Ashford, Sugar Land, Texas 77478 USA

www.bluebonnetnutrition.com



Bluebonnet



B-Complex 50

High Potency B-Complex
Easy-To-Swallow Capsules
Dietary Supplement



50 Vegetable Capsules



Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin B ₁ (as thiamin mononitrate)	50 mg	4167
Vitamin B ₂ (as riboflavin)	50 mg	3846
Vitamin B ₃ (as niacinamide)	50 mg	313
Vitamin B ₆ (as pyridoxine HCl)	50 mg	2941
Folate (as 400 mcg folic acid)	667 mcg DFE	167
Vitamin B ₁₂ (as cyanocobalamin)	50 mcg	2083
Biotin	50 mcg	167
Pantothenic Acid (as calcium D-pantothenate)	50 mg	1000
Choline (as bitartrate)	20 mg	4
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	25 mg	*

* Daily Value not established.