



B-complex 50

vitamin
100 veggie capsules
dietary supplement

energy production[✓]
nutrient
metabolism[✓]

Distributed by:
Vitamin Shoppe, Inc.
Secaucus, NJ 07094
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gluten
free

soy
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1)(as thiamin mononitrate)	50 mg	4170%
Riboflavin (Vitamin B2)	50 mg	3850%
Niacin (Vitamin B3)(as niacinamide)	50 mg NE	310%
Vitamin B6 (as pyridoxine HCl)	50 mg	2940%
Folate (400 mcg folic acid)	667 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	50 mcg	2080%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (Vitamin B5) (as d-calcium pantothenate)	50 mg	1000%
Choline (as choline bitartrate)	50 mg	10%
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	50 mg	*

* Daily Value not established.

Other ingredients: Vegetable capsule (hypromellose), microcrystalline cellulose, calcium silicate, silicon dioxide, magnesium stearate.

Does not contain: Gluten, Sugar, Salt, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) veggie capsule daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

✓ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE IN A COOL,
DRY PLACE.
KEEP OUT OF REACH
OF CHILDREN.

TAMPER EVIDENT
Do not use if outer
seal is broken or
missing.

Item No. VS-1046

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