

DIETARY SUPPLEMENT

[®]
Carlson

B•COMPLEET•50

VITAMIN B COMPLEX

250 TABLETS

2022 - 3a

**B•COMPLEET•50 PROVIDES THE PRINCIPAL B-VITAMINS
IN A BALANCED HIGH-POTENCY FORMULATION.**

Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Thiamin (Vitamin B-1)(as thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	200 mg	2000%
Choline (as choline bitartrate)	50 mg	☆
Inositol	50 mg	☆
PABA (para-aminobenzoic acid)	50 mg	☆

☆ Daily Value (DV) not established.

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid (veg.), magnesium stearate (veg.), silicon dioxide, hydroxypropylmethyl cellulose, maltodextrin, medium chain triglycerides.

Directions: Adults take one tablet daily, preferably at mealtime. Keep bottle tightly closed. Store away from heat and moisture.

Best when used within 12 months of first opening bottle.

Warning: Do not take if you are pregnant or lactating.

Natural color. Preservative-free. Milk-free. Soy-free. Wheat-free. Sugar-free. Cellulose-coated. Yeast-free. Gluten-free.

This formula is prepared to disintegrate over a period of up to 1 hour.

POTENCY AND QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc. Arlington Hts., IL 60004-1985

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