

Each required nutrient in the Vitamin B Complex performs a unique role in maintaining proper metabolic functioning, while nutritionally supporting the body during the occasional stress of daily living. B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy. In addition, these vitamins play a necessary role in supporting cardiovascular health, the promotion of a healthy nervous system, and support for red blood cell formation.*

*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.

Carefully Manufactured by:
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B-COMPLEX “50”

ENERGY METABOLISM*
CARDIOVASCULAR SUPPORT*
NERVOUS SYSTEM SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS

250 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	4,167%
Riboflavin (vitamin B2)	50 mg	3,846%
Niacin (vitamin B3) (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	50 mg	2,941%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (as cyanocobalamin)	50 mcg	2,083%
Biotin (as D-biotin)	50 mcg	167%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	21 mg	4%
Inositol	50 mg	**
Herbal Powdered Blend:	3.5 mg	**
(kelp [plant], acerola extract complex [fruit], alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb])		

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Microcrystalline Cellulose.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

