

**swanson.com**  
or call 1-800-437-4148

- Promotes nervous system, immune and cardiovascular health
- Supports neurotransmitter production for a positive mood

Science-Backed Quality Since 1969

**Suggested use:** As a dietary supplement, take one capsule per day with water.

**WARNING:** For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication or have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

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.



# Balance B-50 Complex

Energy and Metabolism

COMPREHENSIVE FORMULA

VITAMIN SUPPLEMENT | 100 CAPSULES

## Supplement Facts

Serving Size 1 Capsule

| Amount Per Serving                                | % Daily Value                       |        |
|---------------------------------------------------|-------------------------------------|--------|
| Thiamin (vitamin B-1)<br>(from thiamin HCl)       | 50 mg                               | 4,167% |
| Riboflavin (vitamin B-2)                          | 50 mg                               | 3,846% |
| Niacinamide                                       | 50 mg NE                            | 313%   |
| Vitamin B-6<br>(from pyridoxine HCl)              | 50 mg                               | 2,941% |
| Folate                                            | 665 mcg DFE<br>(400 mcg folic acid) | 166%   |
| Vitamin B-12<br>(as cyanocobalamin)               | 50 mcg                              | 2,083% |
| Biotin                                            | 50 mcg                              | 167%   |
| Pantothenic Acid<br>(from d-calcium pantothenate) | 50 mg                               | 1,000% |
| Choline<br>(from choline bitartrate)              | 50 mg                               | 9%     |
| Inositol                                          | 50 mg                               | *      |
| PABA<br>(para-aminobenzoic acid)                  | 50 mg                               | *      |

\*Daily Value not established.

Other ingredients: Gelatin, rice flour, rice extract blend.

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