

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

- Promotes nervous system, immune and cardiovascular health
- Supports neurotransmitter production for a positive mood
- Protects against stress-induced nutrient depletion

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.



SWANSON®

Balance B-50 Complex

Energy and Metabolism

COMPREHENSIVE FORMULA

VITAMIN SUPPLEMENT | 250 CAPSULES

Supplement Facts

Serving Size 1 Capsule

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

*Daily Value not established.

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

DISTRIBUTED BY SWANSON HEALTH PRODUCTS
 Fargo, ND 58104 USA • 1-800-437-4148

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