

21ST
CENTURY®



VITAMIN SUPPLEMENT

PROLONGED RELEASE

B-50 Complex

Helps Convert Food Into Energy
And Helps Maintain The Nervous System*

60 Tablets

Directions: As a vitamin supplement, take one (1) tablet daily with any meal for maximum daily results, or as directed by a healthcare provider. Do not exceed recommended dosage.

Keep out of reach of children.

Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No Sugar, Salt, Yeast, Preservatives, Artificial Flavors or Colors.

Proudly Manufactured by

21ST Century HealthCare, Inc.

2119 S. Wilson Street, Tempe, AZ 85282 USA

www.21stcenturyvitamins.com



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21st Century®...for a healthier future.

B-50 Complex

B vitamins are interdependent upon each other and interrelated in function, they convert food into energy and help maintain the nervous system and body tissues.* Prolonged release vitamins slowly release nutrients into the body over an extended period of time.

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Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		% DV
Thiamin (Vitamin B-1)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	16.7%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate)	115 mg	12%

**Daily Value (DV) not established.

Other Ingredients: Hydroxypropyl Methylcellulose, Stearic Acid, Cellulose, Silicon Dioxide, Hydroxypropyl Cellulose, Ethylcellulose, Pharmaceutical Glaze, Magnesium Stearate.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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