



Actual Color and Size

# B 50 Complex

Food/Dietary Supplement

**Suggested Use:** Take one (1) capsule daily with food. Do not exceed recommended daily dose unless directed by your health care practitioner.

Keep out of reach of children in a cool, dry place.

## Supplement Facts

Serving Size = One (1) capsule

Servings Per Container=Varied

| Amount Per Serving                           | % Daily Value |       |
|----------------------------------------------|---------------|-------|
| Vitamin B1 (Thiamine HCl)                    | 50 mg         | 3333% |
| Vitamin B2 (Riboflavin)                      | 50 mg         | 2941% |
| Niacin (Niacinamide)                         | 50 mg         | 250%  |
| Vitamin B6 (Pyridoxine HCl)                  | 50 mg         | 2500% |
| Folic Acid (Folate)                          | 400 mcg       | 100%  |
| Vitamin B12 (Methylcobalamin)                | 50 mcg        | 833%  |
| Biotin (d-Biotin)                            | 50 mcg        | 17%   |
| Pantothenic Acid<br>(Calcium D-Pantothenate) | 50 mg         | 500%  |

Other Ingredients: Gelatin, cellulose, and organic rice concentrate.

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and soy. | Food supplements should not be used as a substitute for a varied diet.



**TESTED  
GLUTEN  
FREE**



**CERTIFIED  
NONGE  
TESTED**

440 Kings Village Rd Scotts Valley, CA 95066  
In case of adverse event: 855-885-2855