

Vitamin World products are subject to critically stringent quality assurance analysis. Our state-of-the-art laboratory, manufacturing and packaging facilities insure the highest quality nutritional supplements money can buy.

Your health & safety are our first priority!

No Artificial Color or Flavor, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish. Sodium Free.

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. 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 seal under cap is broken or missing.

TO REORDER PROD. # **4970**
www.vitaminworld.com
1-800-228-4533

Carefully Manufactured by
Vitamin World, Inc.
Ronkonkoma, NY 11779 U.S.A.
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 **VITAMIN WORLD**
get healthy.

MEGA

B-50[®]

TIMED RELEASE

*Supports Energy Metabolism**
*Supports Heart Health**

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**EASY TO SWALLOW
COATED CAPLETS**

Vegetarian Vitamin Supplement

DIRECTIONS: For adults, take one (1) caplet up to two times daily, preferably with meals.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate) 50 mg	3,333%
Riboflavin (Vitamin B-2) 50 mg	2,941%
Niacin (as Niacinamide) 50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride) 50 mg	2,500%
Folic Acid 400 mcg	100%
Vitamin B-12 (as Cyanocobalamin) 50 mcg	833%
Biotin (as d-Biotin) 50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate) 50 mg	500%
Proprietary Blend 50 mg	**
Inositol, Choline Bitartrate, PABA (Para-Aminobenzoic Acid), Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran	

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

*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.