

B-COMPLEX 50

energy production[†]

stress support[†]

nutrient metabolism[†]

VITAMIN

Dietary Supplement **100** Vegetable Capsules



Gluten-Free



Dairy-Free



Soy-Free



Nut-Free

actual size

Supplement Facts

Serving Size 1 Vegetable Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1)(as thiamin mononitrate)	50 mg	4170%
Riboflavin (Vitamin B2)	50 mg	3850%
Niacin (Vitamin B3)(as niacinamide)	50 mg NE	310%
Vitamin B6 (as pyridoxine HCl)	50 mg	2940%
Folate	667 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as methylcobalamin)	50 mcg	2080%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (Vitamin B5) (as d-calcium pantothenate)	50 mg	1000%
Choline (as choline bitartrate)	50 mg	10%
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	50 mg	*

* Daily Value not established.

OTHER INGREDIENTS: Vegetable capsule (hypromellose), microcrystalline cellulose, calcium silicate, silicon dioxide, magnesium stearate.

DOES NOT CONTAIN: Gluten, Sugar, Salt, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) vegetable capsule daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

† 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.

**STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.**

TAMPER EVIDENT Do not use if outer seal is broken or missing.

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Secaucus, NJ 07094

Visit www.vitaminshoppe.com or call 1-866-293-3367.

