



B

Compleet 50™

Balanced Vitamin B Complex

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Cellular Support* ✓ Optimal Wellness*

250 Tablets

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Carlson®

Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 250

	Amount Per Serving	% DV
Thiamin (Vitamin B-1)(from thiamin HCl)	50 mg	4,167%
Riboflavin (Vitamin B-2)	50 mg	3,846%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,941%
Folate (400 mcg folic acid)	665 mcgDFE	166%
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%
Biotin	50 mcg	167%
Pantothenic Acid (from d-calcium pantothenate)	200 mg	4,000%
Choline (from choline bitartrate)	50 mg	9%
Inositol	50 mg	†
PABA (para-aminobenzoic acid)	50 mg	†

† Daily Value (DV) not established. Not a significant source of calcium.

Other Ingredients: Microcrystalline cellulose, silicon dioxide, croscarmellose sodium, magnesium stearate (veg.), ethylcellulose, dicalcium phosphate, stearic acid (veg.).

B Compleet 50™ provides a balanced blend of the most important B vitamins.

Directions: Adults: take one tablet daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture. Best when used within 12 months of first opening bottle.

Warning: Do not take if you are pregnant or lactating.

✓ **Gluten-free**

✓ **No Artificial Preservatives**

Tablet color may darken over time.

This formula is prepared to disintegrate over a period of up to 1 hour.

POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc., Arlington Heights, IL 60004 USA
888-234-5656 • www.carlsonlabs.com

An FDA Regulated Facility



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