DIETARY SUPPLEMENT

Carlson®

B-50 GEL

VITAMIN B COMPLEX

200 SOFT GELS

2062 - 2b

B•50 GEL PROVIDES THE PRINCIPAL B-VITAMINS IN A BALANCED HIGH-POTENCY FORMULATION.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% ☆
Thiamin (Vitamin B-1)(as thiamin mononitrate)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Folate (Folic Acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	110 mg	1100%
Phosphatidyl Choline (soybeans)	50 mg	†

☆ Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established.

Other Ingredients: Soybean oil, beeswax. Soft Gel Shell: Beef gelatin, glycerin, water, carob.

Directions: Adults take one soft gel daily, at mealtime. Keep bottle tightly closed.

Salt-free. Wheat-free. Corn-free. Yeast-free. Preservative-free. Gluten-free.

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

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POTENCY & QUALITY GUARANTEED

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