

**SUPPORTS CELLULAR
ENERGY &
NERVE HEALTH***

B-Vitamins are essential to the conversion of cellular energy, manufacture of hormones and proteins, and maintenance of nerve structures.* Our B-50 Complex is carefully tested and produced to superior quality standards.

◆ LG40510.A02 BLK8132A



*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE
FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT
INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



**B-50
COMPLEX**

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**60 CAPSULES | 10-PART BLEND
DIETARY SUPPLEMENT**

Recommendation: Take 1 capsule daily, preferably with food. **Warning:** Do not exceed recommended dosage unless advised by a healthcare professional. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 1 Capsule

Amount per Serving		% DV
Thiamin (Vitamin B1)	50 mg	4,167%
Riboflavin (as Vitamin B2, Riboflavin-5'-phosphate)	50 mg	3,846%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B6 (as Pyridoxine HCl)	50 mg	2,941%
Folate	666 mcg DFE	167%
	Folic Acid 400 mcg	
Vitamin B12 (as Cyanocobalamin)	50 mcg	2,083%
Biotin	50 mcg	167%
Pantothenic Acid (as Calcium D-pantothenate)	50 mg	1,000%

Amount per Serving		% DV
Choline (as Choline bitartrate)	25 mg	5%
Inositol	50 mg	**

**Daily Value (DV) not established.

Other ingredients: gelatin (capsule), magnesium stearate, cellulose

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.

GLUTEN FREE. No salt, yeast-derived ingredients, wheat, soy, dairy products, or artificial colors, flavors, or preservatives.

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Questions? 1-800-9NATURE / naturesway.com

