

Supplement Facts

Serving Size 1 capsule
Servings Per Container 100

Amount Per Serving	% DV
Vitamin B1 50 mg	3330%
Vitamin B2 50 mg	2940%
Niacinamide 50 mg	250%
Vitamin B5 50 mg	500%
Vitamin B6 50 mg	2500%
Vitamin B12 50 mcg	830%
Biotin 50 mcg	20%
Folic acid 100 mcg	25%
Choline 50 mg	
Inositol 50 mg	
PABA 50 mg	

* Daily Value not established

INGREDIENTS: Choline bitartrate, D-calcium pantothenate, thiamine mononitrate, riboflavin, niacinamide, pyridoxine HCl, PABA, inositol, silicon dioxide, cellulose, vegetable stearic acid, magnesium carbonate, folic acid, cyanocobalamin, biotin, gelatin (Kosher and Halal certified) and water.

B-Complex

Balanced B50 with niacinamide

B vitamins are necessary for nerves and muscles. They also take part in digestion, metabolism, energy production, growth and the formation of many of the body's hormones.*

DIETARY SUPPLEMENT
100 CAPSULES

10
MINUTES

** These capsules will disintegrate in the digestive tract within 10 minutes after swallowing.

DIRECTIONS: Take 1 capsule daily, or as directed by your health care professional. Store container tightly closed in a cool, dry place. Keep out of children's reach. Pregnant or nursing women, or anyone taking medication or who has a medical condition, should consult a health-care professional before using this or any other dietary supplement.

QUALITY GUARANTEE: Certified potency and purity. Satisfaction guaranteed.

ALLERGEN STATEMENT: This product does not contain any of the major food allergens: milk, egg, fish, crustacean shell fish, tree nuts, wheat, peanuts and soybeans (see www.fda.gov). Gluten free.

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

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