

CODE 0182-2

FREEDA®

Now in
CAPSULES

SUPER QUINTS™ B-50

Vitamin B Complex
Supplement

250 VEG CAPS



NO GLUTEN
NO LACTOSE
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ANIMAL DERIVATIVES
NO SUGAR OR STARCH
NO GELATIN
NO YEAST

Other ingredients: Vegetable cellulose capsule,
cellulose, vegetarian stearate, silica.

Suggested use: Adults, take one (1) capsule daily
preferably with food and liquid.

KEEP OUT OF THE REACH OF CHILDREN

Store product at room temperature.
Do not expose to excessive heat or moisture.

Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving	% Daily Value	
Vitamin B1 (as thiamin HCl)	50 mg	4167%
Vitamin B2 (as riboflavin)	50 mg	3846%
Vitamin B3 (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	50 mg	2941%
Folate (as 400 mcg folic acid)	667 mcg DFE	167%
Vitamin B12 (as methylcobalamin)	50 mcg	2083%
Biotin	50 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Choline (as choline dihydrogen citrate)	10 mg	2%
Inositol	40 mg	*

* Daily Value not established

FREEDA HEALTH Manufactured in a GMP
1-800-777-3737 certified facility in the USA
Brooklyn, NY 11210 / www.freedhealth.com



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