

**21ST
CENTURY®**



PROLONGED RELEASE

B-50 COMPLEX



Energy & Nervous
System Support*

VITAMIN SUPPLEMENT

60 TABLETS



Directions: As a vitamin supplement, adults take one (1) tablet daily with any meal or as directed by a healthcare provider. Do not exceed recommended dosage. Individual results may vary.

Warning: Consult a healthcare provider prior to use if pregnant, nursing, on medications, have a medical condition or are planning a medical procedure. Stop use and contact a physician if adverse reactions occur.

Keep out of reach of children. Do not use if product appears to be tampered with or seal is broken. Store at room temperature.

No added Sugar, Salt, Yeast,
Preservatives, Artificial Flavors or Colors.

500303-1017N

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

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% Daily Value
Vitamin B-1 (as Thiamin Mononitrate)	50 mg	4170%
Vitamin B-2	50 mg	3850%
Niacin (as Niacinamide)	50 mg	310%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2940%
Folate (400 mcg Folic Acid)	667 mcg DFE	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2080%
Biotin	50 mcg	170%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	130 mg	10%

Other Ingredients: Cellulose, Hydroxypropyl Methylcellulose, Stearic Acid, Silicon Dioxide. Contains <2% of: Ethylcellulose, Gum Arabic, Magnesium Stearate, PEG, Pharmaceutical Glaze, Polysorbate, Polyvinyl Alcohol, Talc.

**21ST
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B-50 Complex



B vitamins are interdependent upon each other and interrelated in function; they help convert food into energy and help maintain the nervous system and body tissues.* Prolonged release vitamins slowly release nutrients into the body over an extended period of time.

ACTUAL
SIZE

Proudly Manufactured by
21ST Century HealthCare, Inc.

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21stcenturyvitamins.com

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