



Actual Color and Size

B 50 Complex

Niacin & Niacinimide Free

Food/Dietary Supplement

Suggested Use: Take one (1) capsule daily with food. Do not exceed recommended daily dose unless directed by your health care practitioner.

Keep out of reach of children in a cool, dry place.

Supplement Facts

Serving Size = One (1) capsule

Servings Per Container = Varied

Amount Per Serving	% Daily Value	
Vitamin B1 (Thiamine HCl)	50 mg	3333%
Vitamin B2 (Riboflavin)	50 mg	2941%
Vitamin B6 (Pyridoxine HCl)	50 mg	2500%
Folic Acid (Folate)	50 mcg	13%
Vitamin B12 (Methylcobalamin)	50 mcg	833%
Biotin (d-Biotin)	50 mcg	17%
Pantothenic Acid (Calcium D-Pantothenate)	50 mg	500%

Other Ingredients: Gelatin, cellulose, organic rice concentrate, and L-leucine.

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, and soy. Food supplements should not be used as a substitute for a varied diet.



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In case of adverse event: 855-885-2855