

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish.

B Vitamins are needed to maintain healthy nerves and skin, as well as for energy production and metabolism. Because the closely related B Vitamins provide maximum benefit when taken together, our **Balanced B-50** capsules are formulated to provide these essential daily vitamins in a convenient single dose.<sup>†</sup>

**WE GUARANTEE OUR SUPPLEMENTS  
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-718-0006

<sup>†</sup> 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.

# BALANCED B-50 CAPS

Promotes Healthy Skin, Hair,  
Eyes, and Nerves<sup>†</sup>

Dietary Supplement

60 CAPSULES



## Supplement Facts

Serving Size 1 Capsule    Servings Per Container 60

Amount Per Serving	% Daily Value	
Thiamin (as thiamin mononitrate) .....	50 mg	1000%
Riboflavin .....	50 mg	2941 %
Niacin (as niacinamide) .....	50 mg	250%
Vitamin B6 (as pyridoxine HCl) .....	50 mg	2500%
Folic Acid .....	400 mcg	100%
Vitamin B12 (as cobalamin) .....	50 mcg	833%
Biotin .....	50 mcg	17%
Pantothenic Acid (as calcium pantothenate) .....	50 mg	500%
Choline (as choline bitartrate) .....	50 mg	*
Inositol .....	50 mg	*

\* Daily Value not established.

Other Ingredients: Capsule (gelatin), silicon dioxide, magnesium stearate (vegetable source), cellulose.

**SUGGESTED USE:** Take one capsule daily with food.

KEEP OUT OF REACH OF CHILDREN. VL 236-60J



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