

SOLGAR®
Since 1947

B-COMPLEX "50"

ENERGY METABOLISM*
CARDIOVASCULAR SUPPORT*
NERVOUS SYSTEM SUPPORT*



GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT



B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy.*

If you are pregnant, nursing, taking any medications, have any medical condition, or are planning to undergo any clinical lab testing, consult your healthcare practitioner before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if inner bottle seal is missing or damaged.

Solgar's KOF-K certification # K1250

*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.

Prod 1121

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STOP PEELING HERE

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mcg	4,167%
Riboflavin (vitamin B2)	50 mcg	3,846%
Niacin (vitamin B3) (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	50 mcg	2,941%
Folate (400 mcg folic acid)	666 mcg DFE	167%
Vitamin B12 (as cyanocobalamin)	50 mcg	2,083%

Amount Per Serving		%DV
Biotin (as D-biotin)	50 mcg	167%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	21 mg	4%
Inositol	50 mg	**
Herbal Powdered: Blend (kelp [plant], acerola extract complex [fruit], alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb])	3.5 mg	**

**Daily Value (DV) not established

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Microcrystalline Cellulose.

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor and Color.

SUGGESTED USE: As a dietary supplement for adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com
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