

OPTIMUM[®]

BALANCED B-50 COMPLEX

GLUTEN FREE

Dietary Supplement

✓ QUALITY ✓ PURITY ✓ POTENCY ✓ VALUE

60 TABLETS

Supplement Facts

Serving Size: 1 Tablet

Amount Per Tablet	% Daily Value
Thiamin 50 mg (from thiamine mononitrate)	3330%
Riboflavin 50 mg	2940%
Niacin (as niacinamide) 50 mg	250%
Vitamin B-6 50 mg (from pyridoxine hydrochloride)	2500%
Folate (as folic acid) 50 mcg	15%
Vitamin B-12 (as cyanocobalamin) 50 mcg	830%
Biotin 50 mcg	15%
Pantothenic acid 50 mg (from calcium pantothenate)	500%

OTHER INGREDIENTS: Microcrystalline cellulose, calcium phosphate, stearic acid, croscarmellose sodium, magnesium stearate, silicon dioxide, hypromellose, hydroxypropyl cellulose, polyethylene glycol, camauba wax.

DIRECTIONS: As a dietary supplement, take one tablet daily with a meal or as directed by your healthcare practitioner.

STORAGE: Store at room temperature.

WARNING: Keep out of the reach of children.

DO NOT USE IF PRINTED SEAL UNDER CAP IS MISSING OR DAMAGED.

B-Vitamins work together to convert carbohydrates, protein and fats into energy. B-Vitamins may also work to help lower serum homocysteine levels. †

† 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.

Manufactured & Distributed by:
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