



# B-50 Gels

## Vitamin B Complex

DIETARY SUPPLEMENT

✓ Energy Production\* ✓ Cellular Support\* ✓ Optimal Wellness\*  
200 Soft Gels

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

## Supplement Facts

Serving Size 1 Soft Gel  
Servings Per Container 200

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%**
Protein	<1 g	
Thiamin (Vitamin B-1)(from thiamin mononitrate)	50 mg	4,167%
Riboflavin (Vitamin B-2)	50 mg	3,846%
Niacin (as niacinamide)	50 mg	313%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,941%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%
Biotin	50 mcg	167%
Pantothenic Acid (from d-calcium pantothenate)	50 mg	1,000%
Phosphatidyl Choline (from soybeans)	50 mg	†

\*\* Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established.

Other Ingredients: Soybean oil, beeswax, soft gel shell (beef gelatin, glycerin, water, carob), medium chain triglyceride oil (from coconut).

**B-50 Gels** are a blend of the important B-complex vitamins, designed so you can conveniently get your daily dose of vitamin B in a single soft gel.

**Directions:** Adults: take one soft gel daily **at mealtime.** Keep bottle tightly closed.

✓ **Gluten-free**

✓ **No Artificial Preservatives**

Warning: Do not take if you are pregnant or lactating.

**POTENCY & QUALITY GUARANTEED**

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.  
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2062-4c