

537-100
Rev. 4



★★★★★
CERTIFIED



MASON  **natural**[®]
EST. 1967

**SUPER
B-50
COMPLEX**

**MAY SUPPORT
HEART AND
NERVOUS SYSTEM HEALTH***

100 CAPSULES • DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	%Daily Value
Vitamin B1 (as thiamine hydrochloride)	50 mg	4170%
Vitamin B2 (as riboflavin)	50 mg	3,850%
Vitamin B3 (as niacinamide) 50 mg NE [‡]		310%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2,940%
Folate 667 mcg DFE [†] (400 mcg folic acid)		170%
Vitamin B12 (as cyanocobalamin)	50 mcg	2,080%
Biotin	50 mcg	170%
Pantothenic acid (as calcium pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	50 mg	10%
Inositol	50 mg	**
Para-Aminobenzoic Acid (PABA)	50 mg	**
In a natural base blend	4.1 mg	**
Alfalfa, Watercress, Parsley, Lecithin, Rice Bran		
Not a significant source of calcium.		
**Daily Value not established.		

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

OTHER INGREDIENTS: Gelatin (bovine), dicalcium phosphate, vegetable magnesium stearate, silicon dioxide.

[†]DFE - Dietary Folate Equivalents [‡]NE - Niacin Equivalents

Natural color variation may occur in this product.

ALLERGEN CERTIFICATION - This product contains soy.

GUARANTEED NO ADDED: Sugar, Starch, Yeast, Corn, Wheat, Dairy, Gluten, Fish, Tree Nuts, Peanuts, Egg, Fragrance, Artificial Colors or Flavors, Preservatives, Crustacean Shellfish. Sodium Free.

DIRECTIONS: Adults - Take one capsule daily, preferably with food, as a dietary supplement.

CAUTION: If you are pregnant, nursing, taking any medications or have any medical condition, consult your physician before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your physician if any adverse reactions occur.

Keep out of reach of children.

TAMPER-EVIDENT SEAL: Do not use product if seal appears tampered.

Store in a dry place under controlled room temperature: 20° - 25°C (68° - 77°F).

Manufactured in the USA for:
MASON VITAMINS, INC. Miami Lakes, FL 33014
1-888-860-5376 • www.MasonVitamins.com



GLUTEN FREE

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LOT/EXP. DATE