

DIETARY SUPPLEMENT



B-50 GEL

VITAMIN B COMPLEX

100 SOFT GELS

0961 - 24

B-50 GEL PROVIDES THE PRINCIPAL B-VITAMINS IN A BALANCED HIGH-POTENCY FORMULATION.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2% ☆
Thiamin (Vitamin B-1)(as thiamin mononitrate)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
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.

Directions: Adults take one soft gel daily, at mealtime.

Keep bottle tightly closed.

Salt-free. Wheat-free. Corn-free. Yeast-free. Preservative-free. Gluten-free.

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

POTENCY & QUALITY GUARANTEED

Distributed by Carlson Division of J.R. Carlson Laboratories, Inc., Arlington Hts., IL 60004

888-234-5656 • 847-255-1600 • www.carlsonlabs.com

• An F.D.A. Regulated Facility •

