



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Balance B-50

Vitamin Supplement

100 capsules



- DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
- KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule per day with water.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Thiamin USP (as thiamin HCl) (vitamin B-1)	50 mg	3,333%
Riboflavin USP (vitamin B-2)	50 mg	2,941%
Niacinamide USP	50 mg	250%
Vitamin B-6 USP (as pyridoxine HCl)	50 mg	2,500%
Folic Acid USP	400 mcg	100%
Vitamin B-12 USP (as cyanocobalamin)	50 mcg	833%
Biotin USP	50 mcg	17%
Pantothenic Acid USP (as d-calcium pantothenate)	50 mg	500%
Choline FCC (from choline bitartrate)	50 mg	*
Inositol FCC	50 mg	*
PABA USP (para-aminobenzoic acid)	50 mg	*

*Daily Value not established.

Other ingredients: Gelatin, rice flour, magnesium stearate.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com

