

B-Complex 50



Description:

Product #: 4270

Size: 50ct 50mg

Directions: Use only as directed. Take one capsule daily with a meal or glass of water. Store in a cool, dry place.

Serving Size: 1 ea 50 Servings per container

Ingredients:	Amount per serving:	% Daily Value: +
Riboflavin (Vitamin B-2)	50 mg	2,941%
Thiamine (as Thiamine Mononitrate) (B-1)	50 mg	3,333%
Niacin (as Niacinamide) (B-3)	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2,500%
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%
PABA (Para-Aminobenzoic Acid)	50 mg	~
Choline Bitartrate Δ	50 mg	~
Inositol	50 mg	~

Key to Ingredients:

~ = Daily Value not established.

+ = Percent Daily Value is based on a 2,000 calorie diet.

= Values differ depending on age

= Values differ depending on age

Other Ingredients: Gelatin Capsule, Whole Food Base (Whole Rice Concentrate, Aloe Vera Gel), Magnesium Stearate and Silica.