

CAPSULE SIZE



CODE 0422B

V3

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

B-50 provides a full complement of B-Vitamins plus Choline and Inositol. Together, these vitamins work to support energy production, maintain healthy serum levels of homocysteine, and promote a healthy nervous system.*

SUGGESTED USAGE: As a dietary supplement, take 1 capsule daily with a meal.



B-50

NERVOUS SYSTEM HEALTH

- B-Complex for Maximum Effectiveness
- Supports Energy Production*

250 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
PABA	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Cellulose, Silica and Magnesium Stearate (vegetable source).

Formulated & Distributed by NOW FOODS

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For more product information visit www.nowfoods.com/0422

Store in a cool, dry place after opening. Please Recycle.