

SOURCE NATURALS®



DIETARY SUPPLEMENT

B-50 COMPLEX

SUPPORTS ENERGY PRODUCTION*

50 MG • 100 TABLETS

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	%DV
Thiamin (as mononitrate)(vitamin B-1)	50 mg	4,167%
Riboflavin (vitamin B-2)	50 mg	3,847%
Niacin (as niacinamide)	50 mg	312%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,941%
Folate (as folic acid)	1,360 mcg DFE (800 mcg folic acid)	340%
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,100%
Biotin	50 mcg	167%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	50 mg	9%
Inositol	50 mg	†
PABA (as <i>para</i> -amino benzoic acid)	30 mg	†

†Daily Value not established.

Other ingredients: sorbitol, stearic acid, silica, modified cellulose gum, and magnesium stearate.

B-vitamins are essential components of numerous key enzyme systems, without which the body cannot function. Each B-vitamin fills a different complementary need, which is why they should most often be taken together. B-vitamins act as coenzymes to catalyze numerous biochemical reactions.*

Suggested Use: 1 tablet 1 to 2 times daily.

Note: If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

Do not use if either tamper-evident seal is broken or missing. Keep out of the 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.



Manufactured for:
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