

Suggested Usage: Take 1 tablet daily with a meal.

B-50 Tabs provide a full complement of B-Vitamins plus Choline and Inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.* B-Vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment. While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy) and supplementation with B-12 may be especially important for vegetarians.

*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.

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

Do Not Eat Freshness Packet. Keep in Bottle.

Natural color variation may occur in this product.

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

Distributed by Lucky Health Group Inc.
Conshohocken, PA 19428, USA
1-888-635-0474

www.LuckyVitamin.com



TABLET SIZE



B Complex

50 mg

- Supports Energy Production*
- Nervous System Health*

250 Tablets

Dietary Supplement



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2941%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	50 mcg	167%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	50 mg	9%
PABA (Para-Aminobenzoic Acid)	50 mg	†
Inositol	50 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Silica.

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.



**1 YEAR
happiness[™]
GUARANTEE**

LU0428 V1

