

**DIRECTIONS:** For adults, take one (1) caplet up to two times daily, preferably with a meal.

Puritan's Pride® supplements are produced from the finest raw materials under stringent quality control standards. State-of-the-art manufacturing and packaging facilities ensure you the highest quality nutritional supplements money can buy. When it comes to your health...choose the best.

**WARNING:** If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.



No Artificial Color, No Artificial Flavors, No Preservatives, No Sugar, No Starch, No Milk, No Lactose, No Gluten, No Wheat, No Yeast, No Fish, Sodium Free.

**TO REORDER ITEM # 585**  
[www.puritan.com](http://www.puritan.com)  
1-800-645-1030

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**PURITAN'S PRIDE, INC.**  
Rensselaer, NY 11773 U.S.A.  
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Puritan's Pride

# Mega B-50® B-Complex Vitamin



**250**  
Easy to Swallow  
Coated Caplets

VEGETARIAN VITAMIN SUPPLEMENT

## Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		% Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	4,167%
Riboflavin (Vitamin B-2)	50 mg	3,146%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,941%
Folate	666 mcg DFE (400 mcg folic acid)	157%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2,083%
Biotin (as d-Biotin)	50 mcg	157%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	1,000%
Choline (as Choline Bitartrate)	20 mg	4%
PABA (Para-Aminobenzoic Acid)	50 mg	*
Inositol	50 mg	*
Proprietary Blend (Amla, Watercress, Parsley, Soy Lecithin, Rice Bran)	2.5 mg	*

\*Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Silica, Vegetable Magnesium Stearate, Natural Palm Leaf Glaze. Contains soy ingredients.