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 Puritan's Pride

TIMED RELEASE

Mega
B-50[®]
B-Complex Vitamin



60
Easy to Swallow
Coated Caplets

VEGETARIAN VITAMIN SUPPLEMENT

TO REORDER ITEM # 4970

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value	
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Proprietary Blend	50 mg	*
Inositol, Choline Bitartrate, PABA (Para-Aminobenzoic Acid), Alfalfa (aerial), Watercress (aerial), Parsley (leaf), Soy Lecithin and Rice Bran		

*Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. Contains <2% of: Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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

DIRECTIONS: For adults, take one (1) caplet daily, preferably with a meal.

Puritan's Pride[®] Premium supplements are produced from the finest raw materials under our stringent quality control standards. Our state-of-the-art manufacturing and packaging facilities insure 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.

TO REORDER ITEM # 4970
www.puritan.com
1-800-645-1030

Carefully Manufactured by
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