

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

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

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

TO REORDER ITEM # 583
www.puritan.com
1-800-645-1030

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Ronkonkoma, NY 11779 U.S.A.
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Puritan's Pride

Mega
B-50[®]
B-Complex Vitamin



100
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	3,846%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,941%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2,083%
Biotin (as d-Biotin)	50 mcg	167%
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 (Alfalfa, Watercress, Parsley, Soy Lecithin, Rice Bran)	2.5 mg	*

*Daily Value not established.