

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

WARNING: If you are pregnant, nursing, taking any medications, have any medical condition, or are planning to undergo any clinical lab testing, consult your doctor before use. Some supplements may interact with certain medications and/or interfere with certain lab tests. 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 # 5920
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

B 100
Rapid Release
Capsules

VITAMIN SUPPLEMENT

Supplement Facts

Serving Size 1 Capsule

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%
Inositol 50 mg	*
PABA (Para-Aminobenzoic Acid) 50 mg	*
Proprietary Blend 5 mg	*
Alfalfa (aerial), Watercress (aerial), Parsley Leaf, Soy Lecithin, Rice Bran	

*Daily Value not established.

Other Ingredients: Gelatin, Vegetable Cellulose. Contains <2% of: Calcium Silicate, Silica, Vegetable Magnesium Stearate. Contains soy ingredients. Contains bioengineered food ingredients.