

DIRECTIONS: For adults, take one (1) vegetable 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. If any adverse reactions occur, stop use and consult your doctor. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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Puritan's Pride Kof-K certification # IW6L4

TO REORDER ITEM # 19973
www.puritan.com
1-800-645-1030

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PURITAN'S PRIDE, INC.
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 **Puritan's Pride®**

B-Complex
"50"

 **PARVE**

 **50**
Vegetable Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 1 Vegetable Capsule

Amount Per Serving		%Daily Value
Thiamin (Vitamin B1) (as Thiamin Mononitrate)	50 mg	4,167%
Riboflavin (Vitamin B2)	50 mg	3,846%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride)	50 mg	2,941%
Folate	666 mcg DFE (400 mcg folic acid)	167%
Vitamin B12 (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)	21 mg	4%
Inositol	50 mg	*
Natural Powdered Blend (kelp [plant], acerola [fruit], alfalfa [plant], parsley [aerial], rose hips [fruit], watercress [plant])	3.5 mg	*

*Daily Value not established

Other Ingredients: Vegetable Cellulose. Contains <2% of: Silica, Vegetable Magnesium Stearate.