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PURITAN'S
PRIDE®

INSPIRED BY NATURE™

B-50® 1

B-COMPLEX
VITAMIN

Dietary Supplement

250 TABLETS



B6058

04A

Supplement Facts

Serving Size 1 tablet

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	100 mcg	25%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
PABA (Para-Aminobenzoic Acid)	50 mg	*
Inositol	50 mg	*
Choline Bitartrate	50 mg	*
Proprietary Blend (Alfalfa, Watercress, Parsley, Lecithin, Rice Bran)	2.5 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Dicalcium Phosphate, Vegetable Stearic Acid, Calcium Sulfate, Croscarmellose, Cellulose Coating, Silica, Guar Gum.

GUARANTEED FREE OF: yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, artificial color, artificial flavor, sodium (less than 5 mg per serving).

PROD. NO. 585

These tablets provide an excellent source of B Complex vitamins to help safeguard a sufficient daily intake. The B complex is essential for the maintenance of healthy nervous tissue. The B vitamins play a role in energy metabolism in the body. Choline and Inositol are essential components of cell walls and play important roles in cell growth and function.**

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Directions: For adults, take one (1) tablet daily, preferably with a meal.

Coated for ease of swallowing.

This product is yeast free.

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TAMPER RESISTANT: DO NOT USE IF IMPRINTED SEAL UNDER CAP IS BROKEN. KEEP OUT OF REACH OF CHILDREN. Store in a cool, dry place.

**WE HAVE ASSAYED & FULLY GUARANTEE
THE QUALITY & POTENCY
OF THIS PRODUCT**

Carefully Manufactured by
PURITAN'S PRIDE, INC.
Oakdale, NY 11769 U.S.A.
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