

Do not accept if seal is broken. Product No. 6351
Store between 59°-86° F. Keep out of the reach of children.



Country Life
101 Corporate Drive, Hauppauge, NY 11788
www.countrylifevitamins.com

Lot No:

Best by:



B VITAMINS

ACTION B-50 CAPS

Balanced B Complex
100 Vegetarian Capsules

Dietary Supplement

Country Life®

Directions: Adults take one (1) capsule daily, preferably with a protein-containing meal. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Thiamin (vitamin B-1) (as thiamine hydrochloride)	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%
Inositol	50 mg . . . *
PABA (<i>para</i> -aminobenzoic acid)	50 mg . . . *
Choline (from 50 mg of choline bitartrate)	23 mg . . . *

* Daily Value not established.

Other Ingredients: Cellulose (capsle shell), calcium silicate, silica, magnesium stearate, cellulose.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, corn, wheat, soy, gluten, milk, salt, sugar, starch, preservatives or artificial color.

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