



B Compleet 50

Balanced Vitamin B Complex

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Cellular Support* ✓ Optimal Wellness*

100 Tablets | 100 Servings

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

Carlson Providing the highest quality nutritional supplements since 1965

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 100

	Amount Per Serving	% DV
Thiamin (Vitamin B-1)(from thiamin HCl)	50 mg	4,167%
Riboflavin (Vitamin B-2)	50 mg	3,846%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (from pyridoxine HCl)	50 mg	2,941%
Folate (400 mcg folic acid)	680 mcg DFE	170%
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%
Biotin	50 mcg	167%
Pantothenic Acid (from d-calcium pantothenate)	200 mg	4,000%
Choline (from choline bitartrate)	50 mg	9%
Inositol	50 mg	†
PABA (para-aminobenzoic acid)	50 mg	†

† Daily Value (DV) not established. Not a significant source of calcium.

Other Ingredients: Microcrystalline cellulose, silicon dioxide, croscarmellose sodium, magnesium stearate (veg.), ethylcellulose, dicalcium phosphate, stearic acid (veg.).

B Compleet 50 provides a balanced blend of the most important B vitamins.

Directions: Adults: take one tablet daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture. Best when used within 12 months of first opening bottle.

Warning: Do not take if you are pregnant or lactating.

✓ **Gluten-free** ✓ **No Artificial Preservatives**

Tablet color may darken over time.

This formula is prepared to disintegrate over a period of up to 1 hour.

POTENCY & QUALITY GUARANTEED

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