



# B Compleet 50

Balanced Vitamin B Complex

DIETARY SUPPLEMENT

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

250 Tablets | 250 Servings

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

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Providing the highest quality nutritional supplements since 1965

## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 250

|                                                | 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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2022-4f