

Suggested Usage: Take 1 capsule daily with a meal. B-50 Caps provide a full complement of B-vitamins plus choline and inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.* B-vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment. While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy) and supplementation with B-12 may be especially important for vegetarians.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children. This product contains Biotin which may interfere with some blood test results. Go to nowfoods.com/biotinlab for details.

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. Natural color variation may occur in this product.

CAPSULE SIZE

CODE 0420C V10



B-50

Nervous System Health*

- B-Complex for Maximum Effectiveness
- Supports Energy Production*

100 Veg Capsules

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Veg Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	313%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2941%
Folate	680 mcg DFE (400 mcg folic acid)	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	50 mcg	167%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
PABA (Para-Aminobenzoic Acid)	25 mg	†
Inositol	25 mg	†

† Daily Value not established.

Other ingredients: Hypromellose (cellulose capsule), Microcrystalline Cellulose, Silicon Dioxide and Magnesium Stearate (vegetable source).

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA nowfoods.com

Made and quality tested in the USA with globally sourced ingredients.

Store in a cool, dry place after opening.

