

## Supports Cellular Energy and Nerve Health\*

With all 8 B-vitamins

- Helps convert food to fuel\*
- Supports maintenance of nerve structures\*
- Helps the body produce hormones and proteins\*

Explore more products at [NATURESWAY.COM](https://www.naturesway.com)

Keep out of reach of children. Safety sealed with inner seal. Do not use if seal is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.

**GLUTEN FREE.** No wheat, dairy, or artificial colors or flavors.

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Green Bay, WI 54311 USA • Bottled and tested in the USA

Questions? 1-800-962-8873 / [naturesway.com](https://www.naturesway.com)

◆ LH40511.B01 BLK8132B



BOTTLE MADE FROM  
50% POST-CONSUMER  
RECYCLED PLASTIC

Nature's  
**Way**

# B-50 COMPLEX HIGH POTENCY B-VITAMIN FORMULA

Supports Cellular Energy  
& Nerve Health\*

\*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

100 CAPSULES - DIETARY SUPPLEMENT

**Recommendation:** Adults take 1 capsule daily, preferably with food. Do not exceed recommended dose. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

## Supplement Facts

Serving Size 1 Capsule

| Amount per Serving                                     |                                     | % DV** |
|--|-------------------------------------|--------|
| Thiamin (as thiamin HCl)                               | 50 mg                               | 4,167% |
| Riboflavin (as vitamin B2, riboflavin-5'-phosphate)    | 50 mg                               | 3,846% |
| Niacin (as niacinamide)                                | 50 mg                               | 313%   |
| Vitamin B6 (as pyridoxine HCl, pyridoxal-5'-phosphate) | 50 mg                               | 2,941% |
| Folate   | 666 mcg DFE<br>(400 mcg Folic Acid) | 167%   |
| Vitamin B12 (as cyanocobalamin)                        | 50 mcg                              | 2,083% |
| Biotin   | 50 mcg                              | 167%   |
| Pantothenic Acid (as D-calcium pantothenate)           | 50 mg                               | 1,000% |
| Choline (as choline bitartrate)                        | 25 mg                               | 5%     |
| Inositol   | 50 mg                               | **     |

\*\*Daily Value (DV) not established.

Other ingredients: gelatin (capsule), magnesium stearate, cellulose