

B-50 Gels are a blend of the important B-complex vitamins, designed so you can conveniently get your daily dose of vitamin B in a single soft gel.

Directions: Adults: take one soft gel daily at mealtime. Keep bottle tightly closed.

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

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

POTENCY & QUALITY GUARANTEED

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2060-4e



B-50 Gels

Vitamin B Complex

DIETARY SUPPLEMENT

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

50 Soft Gels | 50 Servings

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

Supplement Facts

Serving Size 1 Soft Gel
 Servings Per Container 50

	Amount Per Serving	% DV
Calories	10	
Total Fat	1 g	1%**
Protein	<1 g	
Thiamin (Vitamin B-1)(from thiamin mononitrate)	50 mg	4,167%
Riboflavin (Vitamin B-2)	50 mg	3,846%
Niacin (as niacinamide)	50 mg	313%
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)	50 mg	1,000%
Phosphatidyl Choline (from soybeans)	50 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.
 † Daily Value (DV) not established.

Other Ingredients: Soybean oil, beeswax, soft gel shell (beef gelatin, glycerin, water, carob), medium chain triglyceride oil (from coconut).