

50 VEGCAPS
DIETARY SUPPLEMENT

+ Energy+

VITAMIN B-COMPLEX

50

Solaray[®]
EST. 1973



WARNING: Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product.

Directions: Use only as directed. Take 1 VegCap daily with a meal or glass of water. Store in a cool, dry place.

Supplement Facts

Serving Size 1 VegCap

	Amount Per Serving	% Daily Value
Thiamine (as Thiamine Mononitrate) (B-1)	50 mg	4,167%
Riboflavin (Vitamin B-2)	50 mg	3,846%
Niacin (as Niacinamide) (B-3)	50 mg	313%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2,941%
Folic Acid	680 mcg	170%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2,083%
Biotin	50 mcg	167%
Pantothenic Acid (from Calcium d-Pantothenate)	50 mg	1,000%
Choline (from Choline Bitartrate)	20 mg	4%
PABA (Para-Aminobenzoic Acid)	50 mg	*
Inositol	50 mg	*

*Daily Value not established.

Other Ingredients: Vegetable Cellulose Capsule, Whole Food Base (Whole Rice Concentrate, Aloe Vera Gel), Magnesium Stearate and Silica.

†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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