

CAPSULE SIZE

Made in the USA



CODE 0410 V3

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Do Not Eat Freshness Packets. Keep in Bottle.

Store in a cool, dry place after opening. Please Recycle.

*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.

SUGGESTED USAGE: As a dietary supplement, take 1 capsule daily with a meal.

During periods of high stress, our adrenals produce cortisol, a hormone which activates a chain of metabolic changes that support the fight or flight response. This stress response may however, deplete essential vitamins necessary for optimal adrenal function and challenge antioxidant status. B-50 is a targeted combination of vitamins B-6, B-12, Pantothenic Acid, Folic Acid and Vitamin C at levels necessary to replenish and help maintain optimal antioxidant and B vitamin levels during episodes of stress. This formula provides recommended potencies of the most important B vitamins as well as Vitamin C, and is designed to supply your body's required daily intake in one complete supplement.*



B-50

Complex with C

NUTRITIONAL HEALTH

• Support During Times of Stress*

100 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	250 mg	417%
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	100 mcg	1667%
Biotin	50 mcg	17%
Pantothenic Acid (from Calcium Pantothenate)	100 mg	1000%
PABA	40 mg	†
Choline (from Choline Bitartrate)	40 mg	†
Inositol	40 mg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium Stearate (vegetable source), Silica and Gelatin.

Formulated & Distributed by NOW FOODS
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For more product information visit www.nowfoods.com/0410

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.