

Do not accept if seal is broken. Product No. 6351
Store between 59°-86° F. Keep out of the reach of children.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **NO:** Yeast, corn, wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.



Certified



This product has been manufactured at an NSF GMP Registered facility.

Lot No:

11F723A
07/14

Best by:



B VITAMINS

ACTION B-50 CAPS

Balanced B Complex

Gluten-Free

100 Vegetarian Capsules

Dietary Supplement

Certified



Gluten-Free

Country Life®

Directions: Adults take one (1) capsule daily, preferably with a protein-containing meal. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving

% Daily Value

Thiamin (vitamin B1) (as thiamine hydrochloride)	50 mg	3,333%
Riboflavin (vitamin B2)	50 mg	2,941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine hydrochloride)	50 mg	2,500%
Folic Acid	100 mcg	25%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin (as d-biotin)	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Inositol	50 mg	*
Choline (from 50 mg of choline bitartrate)	23 mg	*

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), cellulose, magnesium stearate, calcium silicate, silica.

Manufactured by Country Life, LLC

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