

The B Complex is made up of several vitamins that work well together to support nervous system health and energy metabolism.\* Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well-being.\*

**WARNING:** If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.



Nutrition Questions or Comments?  
Call NutraPhone® 1-800-433-2990  
Mon.- Fri. 9 AM - 7 PM ET

For educational health tips and to join our money saving Healthy Rewards™ program, visit [www.NaturesBounty.com](http://www.NaturesBounty.com)

\*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.



Healthy you  
Healthy earth

Prod. No. 580 B6059 10E

NATURE'S BOUNTY®

HIGH POTENCY

B-50®

BALANCED  
B-Complex



with Folic Acid

COATED  
FOR EASY  
SWALLOWING

50 tablets

VITAMIN SUPPLEMENT

**DIRECTIONS:** For adults, take one (1) tablet daily, preferably with a meal.

## Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
PABA (Para-Aminobenzoic Acid)	50 mg	**
Inositol	50 mg	**
Choline Bitartrate	50 mg	**
Proprietary Blend (Alfalfa, Watercress, Parsley, Soy Lecithin, Rice Bran)	2.5 mg	**

\*\*Daily Value not established.

**Other Ingredients:** Vegetable Cellulose, Dicalcium Phosphate, Silica, Hydroxypropylcellulose, Vegetable Magnesium Stearate.

Suitable for Vegetarians

Carefully Manufactured by NATURE'S BOUNTY, INC.

Bohemia, NY 11716 U.S.A. © 2009 Nature's Bounty, Inc.

