

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

Solgar's KOF-K certification # K-1250

*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.

Carefully Manufactured by:

**Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.**

**For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com**

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SOLGB78019 00B



B-COMPLEX “50”

**ENERGY METABOLISM*
CARDIOVASCULAR SUPPORT*
NERVOUS SYSTEM SUPPORT***



**GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS**



100 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving	%DV
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Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	3333%
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Riboflavin (vitamin B2)	50 mg	2941%
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Niacin (vitamin B3) (as niacinamide)	50 mg	250%
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Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
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Folic Acid	400 mcg	100%
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Amount Per Serving	%DV
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Vitamin B12 (as cobalamin)	50 mcg	833%
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Biotin (as D-biotin)	50 mcg	17%
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Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	50 mg	500%
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Inositol	50 mg	**
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Choline (as choline bitartrate)	21 mg	**
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Natural Powdered Blend (kelp [plant], acerola [fruit], alfalfa [plant], parsley [aerial], rose hips [fruit], watercress [plant])	3.5 mg	**
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****Daily Value (DV) not established**

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Microcrystalline Cellulose.

SUGGESTED USE: Adults, take one (1) to two (2) vegetable capsules daily, preferably at mealtime, or as directed by a healthcare practitioner.

