

Each required nutrient in the Vitamin B Complex performs a unique role in maintaining proper metabolic functioning, while nutritionally supporting the body during the stress of daily living. B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy. This formulation additionally provides coenzyme forms of B vitamins to support optimal absorption and assimilation.*

*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:
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SOLGB78021 00B



MEGASORB B-COMPLEX “50”

CONTAINS COENZYME B VITAMINS
SUPPORTS ENERGY METABOLISM*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV	
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	3333%
Riboflavin (vitamin B2) (as riboflavin, riboflavin-5-phosphate)	55 mg	3235%
Niacin (vitamin B3) (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	55 mg	2750%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	50 mcg	833%
Biotin (as D-biotin)	50 mcg	17%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate, pantethine)	55 mg	550%
Magnesium (as magnesium citrate)	24 mg	6%
Choline (as choline bitartrate)	21 mg	**
Soy Lecithin	50 mg	**
Inositol	50 mg	**

**Daily Value (DV) not established

SUGGESTED USE: As a dietary supplement for adults, take one (1) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

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

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

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.

