

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. In addition, these vitamins play a necessary role in supporting cardiovascular health, the promotion of a healthy nervous system, support for normal muscle function, as well as red blood cell formation.*

*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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B-COMPLEX “50”

ENERGY METABOLISM*
CARDIOVASCULAR SUPPORT*
NERVOUS SYSTEM SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



250 VEGETABLE CAPSULES

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Vegetable Capsule

Amount Per Serving		%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	3333%
Riboflavin (vitamin B2)	50 mg	2941%
Niacin (vitamin B3) (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
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)	50 mg	500%
Inositol	50 mg	**
Choline (as choline bitartrate)	21 mg	**
Natural Powdered Blend (kelp [plant], acerola [fruit], alfalfa [plant], parsley [aerial], rose hips [fruit], watercress [plant])	3.5 mg	**

**Daily Value (DV) not established

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

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

FREE OF: Gluten, Wheat, Dairy, Soy, 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.

Solgar's KOF-K certification # K-1250

