

Suggested Usage: Take 1 tablet daily with a meal.

B-50 Tabs provide a full complement of B-Vitamins plus Choline and Inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.* B-Vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment. While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy) and supplementation with B-12 may be especially important for vegetarians.

*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.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

TABLET SIZE

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may
occur in this product.

Please Recycle.

CODE 0426 V4



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B-50

Nervous System Health*

- B-Complex for Maximum Effectiveness
- Supports Energy Production*

100 Tablets

A Dietary Supplement Vegetarian/Vegan



Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (from Thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (from Calcium Pantothenate)	50 mg	500%
PABA	50 mg	†
Choline (from Choline Bitartrate)	50 mg	†
Inositol	50 mg	†

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Silica.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

