

Suggested Usage: Take 1 capsule daily with a meal.

B-50 Caps 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.

Do Not Eat Freshness Packet.
Keep in Bottle.

Natural color variation may
occur in this product.

Store in a cool, dry place
after opening.

Please Recycle.

CODE 0420B v6



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CAPSULE SIZE



B-50

Nervous System Health*

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

100 Capsules

A Dietary Supplement

Vitamins

Family owned since 1968.

Supplement Facts

Serving Size 1 Capsule

	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	25 mg	†
Choline (from Choline Bitartrate)	25 mg	†
Inositol	25 mg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Cellulose, Silica and Magnesium Stearate (vegetable source).

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.

