



B-50_{Gel}

Vitamin B Complex

DIETARY SUPPLEMENT

Promotes Energy Production and a Healthy Nervous System*

50 Soft Gels

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Supplement Facts

Serving Size 1 Soft Gel

	Amount Per Soft Gel	% DV
Calories	10	
Calories from Fat	10	
Total Fat	1 g	2%**
Thiamin (Vitamin B-1)(from thiamin mononitrate)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (from d-calcium pantothenate)	50 mg	500%
Phosphatidyl Choline (from soybeans)	50 mg	†

** Percent Daily Values are based on a 2,000 calorie diet.

† Daily Value (DV) not established

Other Ingredients: Soybean oil, beeswax. Soft Gel

Shell: Beef gelatin, glycerin, water, carob.

B-50 Gel provides the principal B-Vitamins in a balanced high-potency formulation.

Directions: Adults take one soft gel daily, at **mealtime**. Keep bottle tightly closed.

✓ **Gluten-free** ✓ **Sugar-free**
✓ **Preservative-free**

Warning: Do not take if you are pregnant or lactating.

POTENCY & QUALITY GUARANTEED

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