



B-complex 50

vitamin
300 veggie capsules
dietary supplement

energy production[✓]
nutrient
metabolism[✓]

gluten
free

dairy
free

soy
free

nut
free

actual size



Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
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 methylcobalamin)	50 mcg	833%
Biotin (as d-biotin)	300 mcg	100%
Pantothenic Acid (Vitamin B5) (as d-calcium pantothenate)	50 mg	500%
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	50 mg	*
Choline (as choline bitartrate)	50 mg	*

* Daily Value not established.

Other ingredients: Vegetable cellulose, calcium sulfate, stearic acid, silica, magnesium stearate, dicalcium phosphate.

Does not contain: Wheat, Gluten, Sugar, Salt, Soy, Dairy, Citrus, Fish, Preservatives, Animal Derivatives, Artificial Colors or Flavors.

DIRECTIONS: As a dietary supplement, take one (1) veggie capsule daily, preferably with a meal.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

✓ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

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