

ITEM #580
B6059 12H



B-50[®]

B-Complex Vitamin

**Supports
Energy Metabolism and
Nervous System Health***

Dietary Supplement

50 TABLETS



ACTUAL SIZE

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
PABA (Para-Aminobenzoic Acid)	50 mg	**
Inositol	50 mg	**
Choline Bitartrate	50 mg	**
Proprietary Blend (Alfalfa, Watercress, Parsley, Soy Lecithin, Rice Bran)	2.5 mg	**

**Daily Value not established.

Other Ingredients: Vegetable Cellulose, Dicalcium Phosphate, Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Egg, No Grapefruit, No Fish, No Sugar, No Starch, No Preservatives, No Artificial Color, No Artificial Flavor, No Sodium.

Directions: For adults, take one (1) tablet daily, preferably with a meal.

The B Complex is made up of several vitamins that work well together to support nervous system health.* B Complex vitamins also support energy metabolism.* Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well-being.*

WARNING: If you are pregnant, nursing, taking any medications or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if seal under cap is broken or missing.

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

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