

ITEM #4970
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ACTUAL
SIZE



Timed Release

B-50[®]

Vitamin B-Complex

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

Dietary Supplement

60 TABLETS



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%
Proprietary Blend Inositol, Choline Bitartrate, PABA (Para-Aminobenzoic Acid), Alfalfa (aerial), Watercress (aerial), Parsley (leaf), Soy Lecithin and Rice Bran	50 mg	**

**Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose. **Contains <2% of:** Natural Palm Leaf Glaze, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

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

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.

This Vitamin B Complex is made up of several B vitamins that work well to support nervous system health and energy metabolism.* Each nutrient in this powerful nutritional blend performs a unique role in promoting proper metabolic function, the body's biochemical process that helps maintain its normal functioning.* Specially formulated to provide a gradual release of B vitamins over a prolonged period of time for maximum nutritional benefit.

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.**

Manufactured by
Good 'N Natural Manufacturing Corp., Ronkonkoma, NY 11779 USA
800-544-0095 www.GOODNNATURAL.com
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