

**FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Preservatives and Color.**

**B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy.\***

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. 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 outer bottle seal is missing or damaged.

Solgar's KOF-K certification # K-1250

\*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.

**Carefully Manufactured by:**

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**SOLGB78019 02D**



# B-COMPLEX "50"

**ENERGY METABOLISM\*  
CARDIOVASCULAR SUPPORT\*  
NERVOUS SYSTEM SUPPORT\***



**NON-GMO  
GLUTEN, WHEAT & DAIRY FREE  
SUITABLE FOR VEGANS**



**50 VEGETABLE CAPSULES**

**DIETARY SUPPLEMENT**

## Supplement Facts

Serving Size: 1 Vegetable Capsule

| Amount Per Serving                               |         | %DV   |
|--------------------------------------------------|---------|-------|
| Thiamin (vitamin B1)<br>(as thiamin mononitrate) | 50 mg   | 3333% |
| Riboflavin (vitamin B2)                          | 50 mg   | 2941% |
| Niacin (vitamin B3)<br>(as niacinamide)          | 50 mg   | 250%  |
| Vitamin B6<br>(as pyridoxine HCl)                | 50 mg   | 2500% |
| Folic Acid                                       | 400 mcg | 100%  |
| Vitamin B12<br>(as cyanocobalamin)               | 50 mcg  | 833%  |

| Amount Per Serving                                                                                                             |        | %DV  |
|--------------------------------------------------------------------------------------------------------------------------------|--------|------|
| Biotin (as D-biotin)                                                                                                           | 50 mcg | 17%  |
| Pantothenic Acid<br>(vitamin B5)<br>(as D-Ca pantothenate)                                                                     | 50 mg  | 500% |
| Inositol                                                                                                                       | 50 mg  | **   |
| Choline<br>(as choline bitartrate)                                                                                             | 21 mg  | **   |
| Herbal Powdered Blend:                                                                                                         | 3.5 mg | **   |
| (kelp [plant], acerola extract complex [fruit], alfalfa [leaf and stem], parsley [leaf], rose hips [fruit], watercress [herb]) |        |      |
| **Daily Value (DV) not established                                                                                             |        |      |

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Microcrystalline Cellulose.

**SUGGESTED USE: Adults, take one (1) vegetable capsule daily, preferably with a meal or as directed by a healthcare practitioner.**

