

Each required nutrient in the Vitamin B Complex performs a unique role in maintaining proper metabolic functioning, while nutritionally supporting the body during the occasional stress of daily living. B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which converts food into energy. This formula additionally provides some coenzyme B vitamins in a body-ready state.*

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*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.

Solgar's KOF-K certification #K-1250

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4
www.solgar.com
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SOLGB78021 01C



MEGASORB B-COMPLEX “50”

CONTAINS COENZYME B VITAMINS
SUPPORTS ENERGY METABOLISM*



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	3333%
Riboflavin (vitamin B2) (as riboflavin, riboflavin-5-phosphate)	55 mg	3235%
Niacin (vitamin B3) (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	55 mg	2750%
Folic Acid	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	50 mcg	833%
Biotin (as D-biotin)	50 mcg	17%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate, pantethine)	55 mg	550%
Magnesium (as magnesium citrate)	24 mg	6%
Choline (as choline bitartrate)	21 mg	**
Soy Lecithin	50 mg	**
Inositol	50 mg	**

**Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Silica, Vegetable Cellulose, Vegetable Magnesium Stearate, Vegetable Glycerin, Riboflavin (Color).

Contains soy.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal, or as directed by a healthcare practitioner.

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

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 healthcare practitioner 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.

