

**OTHER INGREDIENTS:** CELLULOSE, MODIFIED CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), SILICA, CALCIUM STEARATE (VEGETABLE SOURCE), GLYCERIN.

**SUGGESTED USE:** Take one tablet daily with food.

**CONTAINS NO** artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

B Vitamins are needed to maintain healthy nerves and skin, as well as for energy production and metabolism.† Because the closely related B Vitamins provide maximum benefit when taken together, our **Balanced B-50** tablets are formulated to provide these essential daily vitamins in a single tablet.†

Due to variations in nature, the natural color of this product may be slightly different with each batch; however, the quality specifications remain the same.

**We Guarantee Our Supplements  
for Potency and Purity**

To report a serious adverse event, call 1-888-710-0006

† 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.

# BALANCED B-50 TABS

Promotes Healthy Skin, Hair, Eyes, and Nerves†

Dietary Supplement



## 30 VEGETARIAN TABLETS

### Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 30

Amount Per Serving	% Daily Value
Thiamin (as thiamin mononitrate) .....50 mg	3333%
Riboflavin .....50 mg	2941%
Niacin (as niacinamide) .....50 mg	250%
Vitamin B6 (as pyridoxine HCl) ...50 mg	2500%
Folic Acid .....400 mcg	100%
Vitamin B12 (as cobalamin) .....50 mcg	833%
Biotin .....50 mcg	17%
Pantothenic Acid (as calcium pantothenate).....50 mg	500%
Choline (as choline bitartrate) ... 50 mg	*
Inositol ..... 50 mg	*

\* Daily Value not established.

KEEP OUT OF REACH OF CHILDREN. VVL 235-30M

