



Actual Color and Size



B 50 Complex



Food/Dietary Supplement

Suggested Use: Take one (1) capsule daily with food. Do not exceed recommended daily dose unless directed by your health care practitioner.

Keep out of reach of children in a cool, dry place.

Supplement Facts

Serving Size = One (1) capsule

Servings Per Container=Varied

Amount Per Serving		% Daily Value
Vitamin B1 (Thiamine HCl)	50 mg	3333%
Vitamin B2 (Riboflavin)	50 mg	2941%
Niacin (Niacinimide)	50 mg	250%
Vitamin B6 (Pyridoxine HCl)	50 mg	2500%
Folic Acid (Folate)	400 mcg	100%
Vitamin B12 (Cyanocobalamin)	50 mcg	833%
Biotin (d-Biotin)	50 mcg	17%
Pantothenic Acid (Calcium D-Pantothenate)	50 mg	500%

Other Ingredients: Gelatin, cellulose, and organic rice concentrate.

This product may be produced in a facility that also makes products containing milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy.

Food supplements should not be used as a substitute for a varied diet.

440 Kings Village Rd Scotts Valley, CA 95066
In case of adverse event: 855-885-2855