

† 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.



NO SUGAR, STARCH, WHEAT, MILK,
ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES

FOODS PLUS.

Since 1962.

High Potency B Complex 50

PRESERVATIVE FREE
NON GMO
GLUTEN-FREE

sustained release formula

supports energy & nervous system†

60
TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 tablet

	Amount Per Serving	% Daily Value
Vitamin B ₁ (as thiamin HCl)	50 mg	3,333%
Vitamin B ₂ (as riboflavin)	50 mg	2,941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	50 mg	2,500%
Folic acid	100 mcg	25%
Vitamin B ₁₂ (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic acid (as D-calcium pantothenate)	50 mg	500%
Choline (as choline bitartrate)	50 mg	*
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	30 mg	*
Base Blend:	1 mg	*
Alfalfa leaf, brewer's yeast, parsley leaf, rice bran, soy lecithin, watercress leaf		
*Daily value not established.		

Other ingredients: Nicotinyl phosphate, nicotinic acid, cellulose, water, cell, magnesium

*Daily value not established

Distributed by: Foods Plus®
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