



1-866-293-3367

Product Info

Supplement Facts

Reviews

Customer Q&A

Healthy Info & More

the Vitamin Shoppe B-Complex 50 300 Softgels

Product Label

Supports Energy Production and Nervous System Function

Directions

As a dietary supplement, take one (1) softgel daily, preferably with a meal.

Warning

KEEP OUT OF REACH OF CHILDREN.

Does Not Contain:

Yeast, Wheat, Sugar, Salt, Dairy, Citrus, Fish, Preservatives, Artificial Colors or Flavors Added.

B-Complex 50 Supplement Facts

How do you read a supplement facts label?

Supplement Facts

Serving Size 1 SOFTGEL

Servings Per Container 300

	Amount Per Serving	% Daily Value
Thiamin(Vitamin B1) (As Thiamin Mononitrate)	50 Mg	3333%
Riboflavin(Vitamin B2)	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 Cyanocobalamin)	50 Mcg	833%
Biotin	50 Mcg	17%
Pantothenic Acid(As D-Calcium Pantothenate)	50 Mg	500%
Choline(As Choline Bitartrate)	20 Mg	N/A*
Inositol	50 Mg	N/A*
Paba(Para-Aminobenzoic Acid)	50 Mg	N/A*

* Daily value not established

Other Ingredients:

Soybean oil, gelatin, glycerin, polyglycitol syrup, purified water, lecithin, turmeric, titanium dioxide, yellow beeswax, annatto extract. Contains Soy