

**SOURCE NATURALS®**

VITAMIN SUPPLEMENT

# B-50 COMPLEX

**SUPPORTS ENERGY PRODUCTION\***

**50 MG • 250 TABLETS**

## Supplement Facts

Serving Size 1 Tablet

	<b>Amount Per Serving</b>	<b>%DV</b>
Thiamin (as mononitrate)(vitamin B-1)	50 mg	3,333%
Riboflavin (vitamin B-2)	50 mg	2,941%
Niacinamide	50 mg	250%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,500%
Folate (as folic acid)	800 mcg	200%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as calcium D-pantothenate)	100 mg	1,000%
Choline (as choline bitartrate)	50 mg	†
Inositol	50 mg	†
PABA (as <i>para</i> -amino benzoic acid)	30 mg	†

†Daily Value not established.

Other ingredients: sorbitol, stearic acid, silica, modified cellulose gum, and magnesium stearate.

B-vitamins are essential components of numerous key enzyme systems, without which the body cannot function. Each B-vitamin fills a different complementary need, which is why they should most often be taken together. B-vitamins act as coenzymes to catalyze numerous biochemical reactions.\*

**Suggested Use:** 1 tablet 1 to 2 times daily with meals.

**Note:** If you are pregnant, may become pregnant, or breastfeeding, consult your health care professional before using this product.

**\*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.**

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