

**Suggested Usage:** Take 1 tablet daily with a meal.

B-50 Tabs provide a full complement of B-Vitamins plus Choline and Inositol. These vitamins work to support energy production, maintain healthy homocysteine metabolism, and promote the health of the nervous system.\* B-Vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment. While B-12 is stored in the liver, dietary sources are of animal origin only (meat and dairy) and supplementation with B-12 may be especially important for vegetarians.

\*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.

**Caution:** For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Natural color variation may occur in this product.

Store in a cool, dry place after opening.

TABLET SIZE

CODE 0428 V5



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# B-50

**Nervous System Health\***

- B-Complex for Maximum Effectiveness
- Supports Energy Production\*



**250 Tablets**

A Dietary Supplement Vegetarian/Vegan



**Vitamins**

Family owned since 1968.

## Supplement Facts

Serving Size 1 Tablet

|                                              | Amount<br>Per Serving               | % Daily<br>Value |
|----------------------------------------------|-------------------------------------|------------------|
| Thiamin (Vitamin B-1) (from Thiamin HCl)     | 50 mg                               | 4167%            |
| Riboflavin (Vitamin B-2)                     | 50 mg                               | 3846%            |
| Niacin (Vitamin B-3) (as Niacinamide)        | 50 mg                               | 313%             |
| Vitamin B-6 (from Pyridoxine HCl)            | 50 mg                               | 2941%            |
| Folate                                       | 667 mcg DFE<br>(400 mcg folic acid) | 167%             |
| Vitamin B-12 (as Cyanocobalamin)             | 50 mcg                              | 2083%            |
| Biotin                                       | 50 mcg                              | 167%             |
| Pantothenic Acid (from Calcium Pantothenate) | 50 mg                               | 1000%            |
| Choline (from Choline Bitartrate)            | 50 mg                               | 9%               |
| PABA (Para-Aminobenzoic Acid)                | 50 mg                               | †                |
| Inositol                                     | 50 mg                               | †                |

† Daily Value not established.

Other ingredients: Cellulose, Stearic Acid (vegetable source), Croscarmellose Sodium, Magnesium Stearate (vegetable source) and Silica.

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Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

