



B-complex 50

vitamin
100 softgels
dietary supplement

energy production[▼]

nutrient
metabolism[▼]

gluten
free

dairy
free

nut
free

actual size

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1)(as thiamine mononitrate)	50 mg	4170%
Riboflavin (Vitamin B2)	50 mg	3850%
Niacin (as niacinamide)	50 mg	310%
Vitamin B6 (as pyridoxine HCl)	50 mg	2940%
Folate	667 mcg DFE (400 mcg folic acid)	170%
Vitamin B12 (as cyanocobalamin)	50 mcg	2080%
Biotin	50 mcg	170%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1000%
Choline (as choline bitartrate)	5 mg	0%
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	50 mg	*

* Daily Value not established.

Other ingredients: Soybean oil, gelatin, glycerin, polyglycitol syrup, soy lecithin, purified water, yellow beeswax, turmeric dispersion, titanium dioxide, annatto suspension in sunflower oil.

Contains: Soy.

Does not contain: Wheat, Gluten, Sugar, Salt, Dairy, Citrus, Fish, Preservatives or Artificial Flavors.

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

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

WARNING: This product contains niacin, which should be taken with food. If taken on an empty stomach, niacin may cause temporary flushing.

▼ 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.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.,
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

