



B-complex 50

vitamin
100 veggie capsules
dietary supplement

energy production[✓]
nutrient
metabolism[✓]

gluten free	soy free
dairy free	nut free

actual size



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

Supplement Facts

Serving Size 1 Veggie Capsule

	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1)(as thiamin mononitrate)	50 mg	4167%
Riboflavin (Vitamin B2)	50 mg	3846%
Niacin (Vitamin B3)(as niacinamide)	50 mg NE	313%
Vitamin B6 (from pyridoxine HCl)	50 mg	2941%
Folate (400 mcg folic acid)	667 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	50 mcg	2083%
Biotin (as d-biotin)	300 mcg	1000%
Pantothenic Acid (Vitamin B5) (as d-calcium pantothenate)	50 mg	1000%
Choline (as choline bitartrate)	50 mg	9%
Inositol	50 mg	*
PABA (para-aminobenzoic acid)	50 mg	*

* Daily Value not established.

Other ingredients: Vegetable cellulose, calcium sulfate,
stearic acid, silica, magnesium stearate, dicalcium phosphate.

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

DIRECTIONS: As a dietary supplement, take
one (1) veggie capsule 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.

Item No.
VS-1046
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