



# Balanced B-Complex 50 mg

Super B-Complex  
A Dietary Supplement



**Douglas  
Laboratories®**

**100 Tablets**

## Supplement Facts

Serving Size 1 tablet

Servings Per Container 100

Amount Per Serving		%DV
Thiamine	50 mg	3,333%
Riboflavin	50 mg	2,941%
Niacinamide	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2,500%
Folic Acid	100 mcg	25%
Vitamin B-12	50 mcg	833%
Biotin (as d-Biotin)	50 mcg	17%
Pantothenic Acid (as Calcium Pantothenate)	50 mg	500%
Choline	23.5 mg	*
(from 50 mg Choline Bitartrate)		
Inositol	50 mg	*
PABA ( <i>para</i> -Aminobenzoic Acid)	50 mg	*

\*Daily Value not established.

Other ingredients: Cellulose, alfalfa (entire plant), vegetable stearate, silica, watercress (leaf), parsley (leaf), rice bran and lecithin (soya).

Manufactured in the USA by:

**Douglas Laboratories**

600 Boyce Road • Pittsburgh, PA 15205 USA

[www.douglaslabs.com](http://www.douglaslabs.com)

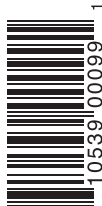
This product contains NO yeast, wheat gluten, milk/dairy, corn, sodium, sugar, starch, artificial coloring, preservatives or flavoring.

**Suggested Usage:** As a dietary supplement, adults take 1 tablet daily or as directed by your healthcare professional.

KEEP OUT OF REACH OF CHILDREN.  
For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C)  
(35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Healthcare Professionals worldwide recommend Douglas Laboratories; learn why at [www.whydouglas.com](http://www.whydouglas.com)

Formula #7911



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