



Balanced B-Complex 50 mg

Super B-Complex
A Dietary Supplement



**Douglas
Laboratories®** 1000 Tablets

Supplement Facts

Serving Size 1 tablet • Servings Per Container 1000

Amount Per Serving	%Daily Value	
Thiamine	50 mg	3333%
Riboflavin	50 mg	2941%
Niacinamide	50 mg	250%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2500%
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 (from 50 mg Choline Bitartrate)	23.5 mg	*
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 by: **Douglas Laboratories**
Pittsburgh, PA 15205 • 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 physician.

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.

Meets Douglas Laboratories spec [#7911]. Conforms to USP <2091> for weight. Meets USP <2040> for disintegration.

Formula #7911

