



Carlson®

# B Compleet 50™

Vitamin B Complex

DIETARY SUPPLEMENT

Promotes Energy Production\*

100 Tablets

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

2021-4c

7.1875" x 2.8125"

200cc

B Compleet 50™ provides the principal B-vitamins in a balanced high-potency formulation.

## Supplement Facts

Serving Size 1 Tablet

	Amount Per Tablet	% DV
Thiamin (Vitamin B-1)(from thiamin HCl)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as niacinamide)	100 mg	500%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2500%
Folate (folic acid)	400 mcg	100%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (from d-calcium pantothenate)	200 mg	2000%
Choline (from choline bitartrate)	50 mg	**
Inositol	50 mg	**
PABA (para-aminobenzoic acid)	50 mg	**

\*\* Daily Value (DV) not established

Other Ingredients: Microcrystalline cellulose, dicalcium phosphate, croscarmellose sodium, stearic acid (veg.), magnesium stearate (veg.), silicon dioxide, ethylcellulose.

**Directions:** Adults take one tablet daily, at **mealttime**. Keep bottle tightly closed. Store away from heat and moisture. Best when used within 12 months of first opening bottle.

Warning: Do not take if you are pregnant or lactating.

✓ Sugar-free ✓ Gluten-free  
✓ Preservative-free

This formula is prepared to disintegrate over a period of up to 1 hour.

### POTENCY & QUALITY GUARANTEED

Dist. by Carlson Division of J.R. Carlson Laboratories, Inc.  
Arlington Heights, IL 60004

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An FDA Regulated Facility



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