


 *Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.®*

 **B-Vitamins** are essential to the conversion of cellular energy, manufacture of hormones and proteins, as well as maintenance of nerve structures.\*

**Questions?** Call 1-800-9NATURE or visit [naturesway.com](http://naturesway.com). Our B-50 Complex is carefully tested and produced to certified quality standards.

**SATISFACTION GUARANTEED.** Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing. Keep out of reach of children. **STORE IN A COOL, DRY PLACE.**

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PREMIUM

**Nature's  
Way**

QUALITY

# B-50 Complex

**ENERGY &  
NERVES\***

**100 Capsules / with B2 Coenzyme**

DIETARY SUPPLEMENT

**Recommendation:** Take 1 capsule daily, preferably with food.

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 100

Amount Per Serving		% Daily Value
Thiamin (as Thiamin HCl)	50 mg	3333%
Riboflavin (as Riboflavin/Riboflavin 5-phosphate)	50 mg	2941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B6 (as Pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as Cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%
Inositol	50 mg	**
Choline (as Choline bitartrate)	25 mg	**

\*\*Daily Value not established.

Other ingredients: Gelatin (capsule), Magnesium stearate, Cellulose

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