



B-50_{Gel}

Vitamin B Complex

DIETARY SUPPLEMENT

Promotes Energy Production and a Healthy Nervous System*
200 Soft Gels

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

Supplement Facts

Serving Size 1 Soft Gel

| | Amount Per Soft Gel | % DV |
|---|---------------------|-------|
| Calories | 10 | |
| Calories from Fat | 10 | |
| Total Fat | 1 g | 2%** |
| Thiamin (Vitamin B-1)(from thiamin mononitrate) | 50 mg | 3333% |
| Riboflavin (Vitamin B-2) | 50 mg | 2941% |
| Niacin (as niacinamide) | 50 mg | 250% |
| 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) | 50 mg | 500% |
| Phosphatidyl Choline (from soybeans) | 50 mg | † |

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value (DV) not established

Other Ingredients: Soybean oil, beeswax. Soft Gel Shell: Beef gelatin, glycerin, water, carob.

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9.875" x 3.875"

625cc

B-50 Gel provides the principal B-Vitamins in a balanced high-potency formulation.

Directions: Adults take one soft gel daily, at **mealttime**. Keep bottle tightly closed.

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

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

POTENCY & QUALITY GUARANTEED

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