

**Contains No** sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

**Suggested Use:** As a dietary supplement, adults take one (1) capsule daily with meals, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

**KEEP OUT OF REACH OF CHILDREN.**

# B-Complex 50

Balanced B-Complex

*Dietary Supplement*  
250 Capsules

«Client Address Placeholder»

## SUPPLEMENT FACTS

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin B-1 (as thiamine HCl)	50 mg	4,167%
Vitamin B-2 (as riboflavin)	50 mg	3,846%
Niacin (as niacinamide)	50 mg	313%
Vitamin B-6 (as pyridoxine HCl)	50 mg	2,941%
Folate	667 mcg DFE (400 mcg folic acid)	167%
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%
Biotin	50 mcg	167%
Pantothenic Acid (as d-calcium pantothenate)	50 mg	1,000%
Choline (as choline bitartrate)	20 mg	4%
Para aminobenzoic acid	50 mg	*
Inositol	50 mg	*

\*Daily Value not established

**Other Ingredients:** Capsule (gelatin, water), calcium silicate, vegetable stearin, magnesium vegetable stearate, silica, alfalfa powder, brown rice bran, cellulose, parsley powder, watercress and dicalcium phosphate.



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