

ITEM #4970
B4971 07H



Timed Release

B-50[®]

Vitamin B-Complex

**Promotes Energy Metabolism
& Nervous System Health***

ACTUAL
SIZE

Dietary Supplement
60 TABLETS



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	50 mg	3,333%
Riboflavin (Vitamin B-2)	50 mg	2,941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as Pyridoxine Hydrochloride)	50 mg	2,500%
Folic Acid	400 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	833%
Biotin (as d-Biotin)	50 mcg	17%
Pantothenic Acid (as d-Calcium Pantothenate)	50 mg	500%
Proprietary Blend Inositol, Choline Bitartrate, PABA (Para-Aminobenzoic Acid), Alfalfa, Watercress, Parsley, Soy Lecithin and Rice Bran	50 mg	**

*Daily Value not established.

Other Ingredients: Dicalcium Phosphate, Vegetable Cellulose, Hypromellose, Silica, Vegetable Magnesium Stearate.

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives,
No Lactose, No Egg, No Grapefruit, No Fish, No Sugar,
No Starch, No Preservatives, No Artificial Color,
No Artificial Flavor, No Sodium.

Directions: For adults, take one (1) to two (2) tablets daily, preferably with a meal.

This Vitamin B Complex is made up of several B vitamins that work well to support nervous system health and energy metabolism.* Each nutrient in this powerful nutritional blend performs a unique role in promoting proper metabolic function, the body's biochemical process that helps maintain its normal functioning. Specially formulated to provide a gradual release of B vitamins over a prolonged period of time for maximum nutritional benefit.

WARNING: If you are pregnant, nursing or taking any medications, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. Keep out of reach of children. Store in a cool, dry place. Do not use if seal under cap is broken or missing.

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

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