

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Sodium, Artificial Flavor and Preservatives.

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which converts food into energy.*

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

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

Carefully Manufactured by:
Solgar, Inc., 500 Willow Tree Road
Leonia, NJ 07605 U.S.A.

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com

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MEGASORB B-COMPLEX "50"

**CONTAINS COENZYME B VITAMINS
SUPPORTS ENERGY METABOLISM***



Non-GMO
GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg	4,167%
Riboflavin (vitamin B2) (as riboflavin, riboflavin-5-phosphate)	55 mg	4,231%
Niacin (vitamin B3) (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl, pyridoxal-5-phosphate)	55 mg	3,235%
Folate	666 mcg DFE (400 mcg folic acid)	167%

Amount Per Serving		%DV
Vitamin B12 (as cyanocobalamin)	50 mcg	2,083%
Biotin (as D-biotin)	50 mcg	167%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate, pantethine)	55 mg	1,100%
Choline (as choline bitartrate)	21 mg	4%
Magnesium (as magnesium citrate, magnesium oxide)	24 mg	6%
Soy Lecithin	50 mg	**
Inositol	50 mg	**

**Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Silica, Vegetable Cellulose, Vegetable Magnesium Stearate, Vegetable Glycerin, Riboflavin (Color). Contains soy.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal, or as directed by a healthcare practitioner.

