

B-Complex 50 Item 1241-1242 (Rev 5)

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		% Daily Value
Thiamine (as Thiamine Mononitrate)	50 mg	4167%
Riboflavin	50 mg	3846%
Niacin (as Niacinamide)	50 mg	313%
Vitamin B ₆ (as Pyridoxine HCl)	50 mg	2941%
Folate	666 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B ₁₂ (as Cyanocobalamin)	50 mcg	2083%
Biotin (as D-Biotin)	300 mcg	1000%
Pantothenic Acid (as Calcium Pantothenate)	50 mg	1000%
Choline (as Choline Bitartrate)	50 mg	9%
Para-Aminobenzoic Acid (PABA)	50 mg	†
Inositol	50 mg	†

† Daily Value Not Established

Other Ingredients: Hydrogenated Vegetable Oil, Mono- and Diglycerides, Dicalcium Phosphate, Hypromellose, Polyethylene Glycol, Food Glaze, Cultured Molasses, Cellulose, Magnesium Stearate, Silicon Dioxide, Ethylcellulose, Titanium Dioxide (color), Natural Orange Oil, Chlorophyllin (color).