

Prod. No. 583



NATURE'S BOUNTY®

B-50^{® 1} B-Complex Vitamin

Promotes Nervous System
Health and Energy
Metabolism**

DIETARY
SUPPLEMENT

100 TABLETS



The B Complex is made up of several vitamins that work well together to support nervous system health.** B Complex vitamins also promote energy metabolism.** Each nutrient in the B Complex performs a unique role in maintaining proper metabolic functioning and is essential for well being.**

DIRECTIONS: For adults, take one (1) tablet daily, preferably with a meal.

Coated for ease of swallowing. This product is yeast free.

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TAMPER RESISTANT: Do not use if imprinted seal under cap is broken. **KEEP OUT OF THE REACH OF CHILDREN**. Store in a cool, dry place.

**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.

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon.-Fri. 9 AM - 7 PM ET

Visit us on the Web www.NaturesBounty.com

Carefully Manufactured by
NATURE'S BOUNTY, INC.
Bohemia, NY 11716 U.S.A.
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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%
PABA (Para-Aminobenzoic Acid)	50 mg	*
Inositol	50 mg	*
Choline Bitartrate	50 mg	*
Proprietary Blend (Alfalfa, Watercress, Parsley, Lecithin, Rice Bran)	2.5 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Cellulose (Plant Origin), Dicalcium Phosphate, Vegetable Stearic Acid, Croscarmellose, Cellulose Coating, Silica, Vegetable Magnesium Stearate.



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