



B-Complex "50" Vegetable Capsules

Suitable For Vegetarians

Sugar, Starch and Salt Free

Energy Support*

B vitamins play a role in cellular respiration, keeping the machinery that turns food into energy running smoothly.*

Supplement Facts
Serving Size 1 Capsule

	Amount Per Capsule	% Daily Value
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	50 mcg	833%
Biotin (as D-biotin)	50 mcg	17%
Pantothenic Acid (from D-Ca pantothenate)	50 mg	500%
Inositol	50 mg	*
Choline (as choline bitartrate)	21 mg	*
Natural Powder Blend: Acerola 4:1 extract (berry), alfalfa (whole plant), kelp (whole plant), parsley (aerial parts), rose hips (fruit), and watercress (whole plant)	3.5 mg	*

* Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose, Vegetable Magnesium Stearate, Silica, Microcrystalline Cellulose, Citric Acid, Water.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Solgar's B-Complex "50" Vegetable Capsules are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 1120,1121,1122

Available in Bottles of: 50,100,250

*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.

Return to Search Results

Copyright 1996 - 2003 Solgar Vitamin and Herb