






## 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.

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