

Megasorb B-Complex "50" Tablets

Suitable for Vegetarians

Sugar, Salt and Starch 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 Tablet

	Amount Per Tablet	% Daily Value
Total Carbohydrate	<1 g	<1%*
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacin, 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%
Magnesium (as magnesium citrate)	20 mg	5%
Choline (as choline bitartrate)	21 mg	**
Lecithin	50 mg	**
Inositol	50 mg	**
Cocarboxylase	5 mg	**
Pantethine	5 mg	**
Pyridoxal-5-Phosphate	5 mg	**
Riboflavin-5-Phosphate	5 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Cellulose, Vegetable Glycerin, Carnauba Wax.

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 Megasorb B-Complex "50" Tablets are free of corn, yeast, wheat and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

Solgar's Megasorb B-Complex "50" Tablets provide a unique combination of B-Complex vitamins along with their biologically active coenzyme forms for maximum absorption and improved utilization of the nutrients.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 1750,1751,1752

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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