

# Supplement Facts

Serving Size: 1 Veg Capsule  
 Servings Per Container: 60

	Amount Per Serving	% Daily Value*
Thiamin (Vitamin B-1)(from Thiamine HCl)	50 mg	4167%
Riboflavin (Vitamin B-2)	50 mg	3846%
Niacin (Vitamin B-3)(as Niacinamide)	50 mg	313%
Vitamin B-6 (as Pyridoxine HCl)	50 mg	2941%
Folate	667 mcg DFE (400 mcg Folic Acid)	167%
Vitamin B-12 (as Cyanocobalamin)	50 mcg	2083%
Biotin	50 mcg	167%
Pantothenic Acid (From Calcium Pantothenate)	50 mg	1000%
Choline (from Choline Bitartrate)	25 mg	5%
PABA (Para-Aminobenzoic Acid)	25 mg	†
Inositol	25 mg	†

\* Percent Daily Values are based on 2,000 calorie diet.

† Daily value not established

**Other Ingredients:** Hypromellose (cellulose capsule), Microcrystalline Cellulose, Silicon Dioxide and Magnesium Stearate (vegetable source).

**Manufactured and Distributed by:**  
 Penn Herb Company, Ltd.  
 Philadelphia, PA 19154-3293  
[www.PennHerb.com](http://www.PennHerb.com) / 215-637-HERB

## Benefits of Vitamin B-50 Complex:

This blend provides a full complement of B-vitamins plus choline and inositol. B-vitamins are water soluble, and with the exception of B-12, have limited storage in the body and thus require daily replenishment.\*

● Supports energy production\*

● Supports nervous system\*

**Suggested Use:** Take one capsule daily with a meal.

**Caution:** For adults only. Consult physician if pregnant or nursing, taking medication, or have a medical condition. Keep out of reach of children.

Keep in a cool, dry place with lid tightly closed. Natural color variation may occur in this product.

**Not manufactured with:** wheat, gluten, soy, milk, egg, fish, shellfish, or tree nut ingredients.

**Double Safety Sealed:** Do not accept if either tear band on cap or inner freshness seal is damaged or missing.

**Nature's Wonderland® Guarantee:** This product is guaranteed for purity, freshness and labeled potency.

\*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.



V20175-6A-0420CV9