

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.	167%
	(400 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	50 mcg ..	2083%
Biotin	50 mcg ...	167%
Pantothenic Acid	50 mg...	1000%
	(From Calcium Pantothenate)	
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 / 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.

Non-GMO



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