

# Super B-50

## Balanced B-Complex Supplement

**Bottle Contains 90 Capsules**

### One Capsule provides:

Vitamin B-1 (as thiamine) . . . . .	50 mg
Vitamin B-2 (as riboflavin) . . . . .	50 mg
Vitamin B-6 (as pyridoxine) . . . . .	50 mg
Niacinamide . . . . .	50 mg
Pantothenic Acid (as calcium pantothenate) . . . . .	50 mg
Folic Acid . . . . .	100 mcg
Vitamin B-12 (as cyanocobalamin) . . . . .	50 mcg
Biotin . . . . .	50 mcg
Inositol . . . . .	50 mg
PABA (as para-aminobenzoic acid) . . . . .	30 mg
Choline (as bitartrate) . . . . .	21 mg

Other ingredients: Rice bran, alfalfa, watercress, parsley, silica, vegetable cellulose, glycerin and water

**Recommended Usage:** As a dietary supplement, take one capsule daily with meals or as recommended by your physician or health care professional.