

Vital Health

Also available
in 250 count



B-Complex 50

stress formula - herbal base

a dietary supplement

100 Vegetarian Capsules



Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		% DV†
Thiamin (thiamin HCl)	50 mg.....	3,333
Riboflavin (vitamin B2)	50 mg.....	2,941
Niacinamide	50 mg.....	250
Vitamin B6 (from pyridoxine HCl)	50 mg.....	2,500
Folic Acid	400 mcg.....	100
Vitamin B12 (cyanocobalamin)	50 mcg.....	833
Biotin	50 mcg.....	17
Pantothenic Acid (from d-calcium pantothenate)	50 mg.....	500
Inositol	50 mg.....	*
PABA (para-aminobenzoic acid)	30 mg.....	*
Choline (from choline bitartrate)	24 mg.....	*
<i>Lactobacillus Acidophilus</i>	600,000 CFU.....	*
Proprietary Herbal Base	48 mg.....	*

Proprietary Herbal Base contains: rice polish, hops strobiles, chamomile flower, peppermint leaf, yarrow flower, alfalfa, lecithin, parsley leaf, and watercress.

† - % Daily Value * - Daily Value Not Established

Other Ingredients: Vegetable cellulose (preservative-free, from capsule shell), magnesium trisilicate, cellulose, vegetable stearate, magnesium stearate, deep mined calcium phosphate, and silica.

NO salt, yeast, gluten, milk & egg products, sugar, starch, or preservatives.

One capsule daily, as a dietary supplement.

PR 200



Manufactured by Highland Laboratories
PO Box 199, Mt. Angel, OR 97362