

OTHER INGREDIENTS: Cellulose, modified cellulose, stearic acid (vegetable source), silica, calcium stearate (vegetable source), glycerine.

CONTAINS NO artificial colours, flavours or preservatives; no yeast, wheat, gluten, milk, eggs, peanuts, tree nuts, soya, crustacean shellfish or fish. Suitable for vegans.

KEEP OUT OF THE REACH OF CHILDREN. Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied diet.

Due to variations in nature, the natural colour of this product may be slightly different with each batch; however, the quality specifications remain the same.

Long-term intake of 50 mg of Vitamin B6 may lead to tingling and numbness.

**We Guarantee Our Supplements
for Potency and Purity**

G. BALDWIN & CO
LONDON SE17 1RW
www.baldwins.co.uk

G Baldwin & Co

BALANCED B-50

Vitamin B Complex

Food Supplement

90 VEGETARIAN TABLETS



Product Information

Serving Size 1 Tablet

Amount Per Serving		% RDA†
Thiamin (B1) (as thiamin mononitrate)	50 mg	4545%
Riboflavin B2	50 mg	3571%
Niacin (B3) (as niacinamide)	50 mg	313%
Vitamin B6 (as pyridoxine HCl)	50 mg	3571%
Folic Acid	400 µg	200%
Vitamin B12 (as cobalamin)	50 µg	2000%
Biotin	50 µg	100%
Pantothenic Acid (B5) (as calcium pantothenate)	50 mg	833%
Choline (as choline bitartrate)	50 mg	*
Inositol	50 mg	*

† Recommended Daily Allowance

* RDA not established

DIRECTIONS FOR USE: Take one tablet daily with food.

For Best Before End see bottom of the bottle.

STORE IN A COOL DRY PLACE

UK 235-90UM

