

<b>Each Vitamin B50 Complex - Prolonged Release Tablet contains (average):</b>		<b>% RDA</b>
Vitamin C	120mg	200
Thiamin (Vit.B1)	50mg	3571
Riboflavin (Vit.B2)	50mg	3125
Niacin (as nicotinamide)	50mg	278
Vitamin B6 (Pyridoxine)	50mg	2500
Folic Acid	50µg	25
Vitamin B12	10µg	1000
Biotin	50µg	33
Pantothenic Acid	50mg	833
Iron	5mg	36
Choline Bitartrate	50mg	*
Inositol	50mg	*
PABA	50mg	*
RDA: EC Recommended Daily Allowance		
*: RDA Not Yet Established		
<b>Other Ingredients</b> :Bulking Agent (di-calcium phosphate, microcrystalline, Anti-caking Agent (veg. stearic acid, silica, veg. magnesium stearate, magnesium silicate), Emulsifier (triacetin), Glazing Agent (hypromellose, titanium dioxide, mineral oil, iron oxide).		

Each Vitamin B99 Complex - Prolonged Release tablet contains (average):		% RDA
Vitamin C	240mg	300
Thiamin (Vit.B1)	99mg	9000
Riboflavin (Vit.B2)	99mg	7071
Niacin (as nicotinamide)	99mg	619
Vitamin B6†	99mg	7071
Folic Acid	99µg	50
Vitamin B12	20µg	800
Biotin	99µg	198
Pantothenic Acid	99mg	1650
Iron**	9mg	64
Choline Bitartrate	99mg	*
Inositol	99mg	*
Para Amino Benzoic Acid (PABA)	99mg	*
RDA : EC Recommended Daily Allowance * : EC RDA Not Yet Established		
† : Long term intake of this amount of vitamin B6 may lead to mild tingling and numbness		
** : This product contains iron, which if taken in excess, may be harmful to very young children.		
<b>Other Ingredients:</b> Bulking Agent (di-calcium phosphate, microcrystalline cellulose), Emulsifier (triacetin), Glazing Agent (hypromellose, titaniumdioxide, mineral oil, iron oxide).		