

**MG MASON'S GUARANTEE**

This product has been manufactured and packaged in strict conformance with industry and government standards.

**Directions:** Adults, take one tablet daily as a dietary supplement, preferably with a meal.

Adequate folate (folic acid) in healthful diets may reduce a woman's risk of having a child with brain or spinal cord birth defects.

**Keep Out of the Reach of Children.**

Store in a dry, controlled room environment.

\*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.



**MASON** natural<sup>®</sup>

Vitamin B

Super  
**B-50**  
Complex

ALL Eleven "B" Factors

DIETARY SUPPLEMENT

For energy, healthy cells & nervous system function\*  
Promotes emotional balance and healthy moods\*

100 TABLETS



**FOIL - TAMPER RESISTANT SEAL**

If printed heat induced seal appears to be tampered with, do not use product.

694-100

**Supplement Facts**

Serving Size 1 Tablet

Amount Per Serving		%DV	Amount Per Serving		%DV
Vitamin B-1 (Thiamine HCl)	50 mg	2,967%	Calcium (dicalcium phosphate)	89 mg	9%
Vitamin B-2 (Riboflavin)	50 mg	2,941%	Choline Bitartrate	50 mg	**
Niacinamide (Vitamin B-3)	50 mg	250%	Inositol	50 mg	**
Vitamin B-6 (Pyridoxine HCl)	50 mg	2,050%	PABA (Para Amino Benzoic Acid)	50 mg	**
Folic Acid	400 mcg	100%	In a base of Yeast, Alfalfa, Watercress, Parsley, Lecithin, Bran and Rose Hips.		
Vitamin B-12 (Cyanocobalamin)	50 mcg	833%			
Biotin	300 mcg	100%			
Pantothenic Acid (calcium pantothenate)	50 mg	460%			

\*\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, stearic acid, silica, vanilla flavor, pharmaceutical glaze and magnesium silicate.

**ALLERGEN CERTIFICATION** This product contains gluten and soy products.

**GUARANTEED NO ADDED:** Sugar, Starch, Corn, Wheat, Dairy, Egg, Fragrance, Artificial Colors and Preservatives.

Manufactured in the USA for: **MASON VITAMINS INC.**, Miami Lakes, FL 33014 USA  
[www.masonvitamins.com](http://www.masonvitamins.com)

LOT/EXP. DATE

