



B-Complex With Vitamin C Stress Formula* Tablets

Suitable For Vegetarians

Sugar, Salt and Starch Free

Energy Support*

B vitamins play a role in cellular respiration, keeping the machinery that turns food into energy running smoothly.*

Supplement Facts
Serving Size 2 Tablets
Servings Per Container: 50

	2 Tablets	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin C (as L-ascorbic acid)	500 mg	833%
Thiamin (as thiamin mononitrate)	10 mg	667%
Riboflavin	10 mg	588%
Niacin (as niacinamide)	100 mg	500%
Vitamin B6 (as pyridoxine HCl)	10 mg	500%
Folic Acid	100 mcg	25%
Vitamin B12 (as cobalamin)	25 mcg	417%
Biotin (as D-biotin)	25 mcg	8%
Pantothenic Acid (as D-Ca pantothenate)	100 mg	1000%
Inositol	100 mg	**
Choline (as choline bitartrate)	41 mg	**

* Percent Daily Values (DV) are based on a 2,000 calorie diet.
** Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Natural Powdered Base (alfalfa [whole plant], acerola [fruit], kelp [whole plant], parsley [aerial], rose hips [fruit], watercress [whole plant]), Vegetable Magnesium Stearate, Vegetable Stearic Acid, Titanium Dioxide, Vegetable Glycerin, Carnauba Wax.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement.

Solgar's B-Complex with Vitamin C Stress Formula* Tablets are free of corn, yeast, wheat, soy and dairy products and are formulated without the use of preservatives, artificial flavors or colors.

For more information call: 1-877-SOLGAR 4

UPC Code(s): 200,201

Available in Bottles of: 100,250

*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.

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