

Ultimate B+C Complex 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
1 Tablet

	Tablet	% Daily Value
Calories	10	
Total Carbohydrate	2 g	<1%*
Vitamin C (as L-ascorbic acid)	1000 mg	1667%
Thiamin (as thiamin mononitrate)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacin and niacinamide)	50 mg	250%
Vitamin B6 (as pyridoxine HCl)	50 mg	2500%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	50 mcg	833%
Biotin (as D-biotin)	50 mcg	17%
Pantothenic Acid (from D-Ca pantothenate)	50 mg	500%
Inositol	50 mg	**
Choline (as choline bitartrate)	21 mg	**
Citrus Bioflavonoids	25 mg	**
Rose Hips (fruit)	25 mg	**
Hesperidin	5 mg	**
Rutin (from dimorphandra)	5 mg	**
Betaine (from betaine HCl)	15 mg	**
L-Glutamic Acid	15 mg	**

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

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Titanium Dioxide, Vegetable Glycerin, Vegetable Magnesium Stearate, Silica, 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 Ultimate B+C Complex 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): 2770,2771,2772

Available in Bottles of: 30,60,90

*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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