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B-Complex with Vitamin C Stress Formula* Tablets

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy.

[View the Supplement Facts »](#)

B-Complex with Vitamin C Stress Formula* Tablets:

UPC	Quantity	Vegetarian	Kosher
033984002005	100	Yes	Yes
033984002012	250	Yes	Yes

*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.

Supplement Facts

Serving Size 2 Tablets

Amount Per Serving	%DV	Amount Per Serving	%DV
Calories	5	Pantothenic Acid (as D-Ca pantothenate)	100 mg 1000%
Total Carbohydrate	1 g <1%*	Inositol	100 mg **
Vitamin C (as L-ascorbic acid)	500 mg 833%	Choline (as choline bitartrate)	41 mg **
Thiamin (as thiamin mononitrate)	10 mg 667%	Natural Powdered Base +	6 mg **
Riboflavin	10 mg 588%	(alfalfa [whole plant], acerola [fruit], kelp [whole plant], parsley [aerial], rose hips [fruit], watercress [whole plant])	
Niacin (as niacinamide)	100 mg 500%	* Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Vitamin B6 (as pyridoxine HCl)	10 mg 500%	**Daily Value (DV) not established.	
Folic Acid	100 mcg 25%		
Vitamin B12 (as cobalamin)	25 mcg 417%		
Biotin (as D-biotin)	25 mcg 8%		

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Silica, Titanium Dioxide, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin.

SUGGESTED USE: As a dietary supplement for adults, take two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

Solgar's KOF-K certification #K-1250