

11K11L



Lot No:

Best by:

Directions: Adults take two (2) tablets daily with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 2 tablets
Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid, magnesium ascorbate)	500 mg 833%
Thiamin (vitamin B1) (as thiamine hydrochloride)	200 mg 13,333%
Riboflavin (vitamin B2)	200 mg 11,765%
Niacin (as niacinamide)	300 mg 1,500%
Vitamin B6 (as pyridoxine hydrochloride)	100 mg 5,000%
Folic Acid	400 mcg 100%
Vitamin B12 (as cyanocobalamin)	300 mcg 5,000%
Biotin (as d-biotin)	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate)	300 mg 3,000%
Calcium (as calcium carbonate)	100 mg 10%
Magnesium (as magnesium ascorbate)	50 mg 13%
Inositol	300 mg *
Taurine (free form)	250 mg *
Choline (from 200 mg of choline bitartrate)	92 mg *
Citrus Bioflavonoids (from lemon peel)	25 mg *

* Daily Value not established.

Other Ingredients: Cellulose, stearic acid, cellulose & glycerin coating, magnesium stearate, silica, vegetable glaze.

WARNING: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

NO: Yeast, wheat, soy, gluten, milk, salt, sugar, preservatives or artificial color.

Do not accept if seal is broken.

Product No. 6421

Store between 59°-86° F.

Keep out of the reach of children.

These tablets are formulated in a special vegetable cellulose "Rapid Release®" base to support disintegration.



American Vegetarian Association

Gluten-Free

This product has been manufactured at an NSF GMP Registered facility.

Manufactured by Country Life, LLC

180 Vanderbilt Motor Parkway, Hauppauge, NY 11788 (USA)

CountryLifeVitamins.com

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B Complex with
Synergistic Nutrients

Gluten-Free
Dietary Supplement
Tablets

STRESS "M"®

B VITAMINS