

Other ingredients: Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.

Directions: As a dietary supplement, take two capsules once daily, preferably with a meal or as directed by a healthcare practitioner.

Bluebonnet's Stress B-Complex Capsules contain a full spectrum of high potency B vitamins in their purest form, plus vitamin C from L-ascorbic acid. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of yeast, gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

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Bluebonnet



Stress B-Complex

High Potency B-Complex
Easy-To-Swallow Capsules
Dietary Supplement
50 Vegetable Capsules



Supplement Facts

Serving Size 2 Capsules

Servings Per Container 25

Amount Per Serving		% Daily Value
Vitamin C (as L-ascorbic acid)	1000 mg	1111
Vitamin B1 (as thiamin mononitrate)	50 mg	4167
Vitamin B2 (as riboflavin)	50 mg	3846
Vitamin B3 (as niacinamide)	100 mg	625
Vitamin B6 (as pyridoxine HCl)	50 mg	2941
Folate (as 400 mcg folic acid)	667 mcg DFE	167
Vitamin B12 (as cyanocobalamin)	250 mcg	10,417
Biotin	100 mcg	333
Pantothenic Acid (as calcium D-pantothenate)	250 mg	5000
Choline (as bitartrate)	41 mg	7
Inositol	100 mg	*
PABA (para-aminobenzoic acid)	50 mg	*

* Daily Value not established.