

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

Manufactured by

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



Bluebonnet



**Stress
B-Complex**

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 50

Amount Per Serving		% Daily Value
Vitamin C (as L-ascorbic acid)	1000 mg	1111
Vitamin B ₁ (as thiamin mononitrate)	50 mg	4167
Vitamin B ₂ (as riboflavin)	50 mg	3846
Vitamin B ₃ (as niacinamide)	100 mg	625
Vitamin B ₆ (as pyridoxine HCl)	50 mg	2941
Folate (as 400 mcg folic acid)	667 mcg DFE	167
Vitamin B ₁₂ (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.