FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor and Preservatives.

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

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your health-care practitioner before taking any dietary supplement. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

Solgar's KOF-K certification #K-1250

"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.

Carefully Manufactured by: Solgar, Inc., 500 Willow Tree Road Leonia, NJ 07605 U.S.A.

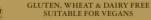
For more information, call toll-free 1-877-SOLGAR 4, www.solgar.com

SOLGB78020 03E



B-COMPLEX WITH VITAMIN C STRESS FORMULA

ENERGY METABOLISM*
NERVOUS SYSTEM / IMMUNE SUPPORT*



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts Serving Size: 2 Tablets Servings Per Container: 50

Amount Per Serving		%DV
Vitamin C (as L-ascorbic acid)	500 mg	556%
Thiamin (vitamin B1) (as thiamin mononitrate	10 mg	833%
Riboflavin (vitamin B2)	10 mg	769%
Niacin (vitamin B3) (as niacinamide)	100 mg	625%
Vitamin B6	10 mg	588%

S	Amount Per Serving		%DV		
	Folate 166 (100 mcg f	mcg DFE olic acid)	42%		
v	Vitamin B12 (as cyanocobalamin)	25 mcg 1,0	042%		
=	Biotin (as D-biotin)	25 mcg	83%		
6	Pantothenic Acid 100 mg 2,000% (vitamin B5) (as D-Ca pantothenate)				
6	Choline (as choline bitartrate)	41 mg	7%		
6	Inositol	100 mg	••		
6	Herbal Powdered Blend (kelp [plant], acerola co alfalfa [leaf and stems],				
,	vese hims (fruit) vestors		u1),		

**Daily Value (DV) not established

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

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

(as pyridoxine HCI)

