

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 healthcare 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:

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1-877-SOLGAR 4, www.solgar.com**

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SOLGB78020 03E



B-COMPLEX WITH VITAMIN C STRESS FORMULA

ENERGY METABOLISM*
NERVOUS SYSTEM / IMMUNE SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS



250 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 125

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

Amount Per Serving		%DV
Folate	166 mcg DFE (100 mcg folic acid)	42%
Vitamin B12 (as cyanocobalamin)	25 mcg	1,042%
Biotin (as D-biotin)	25 mcg	83%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	41 mg	7%
Inositol	100 mg	**
Herbal Powdered Blend	13 mg	**
(kelp [plant], acerola complex [fruit], alfalfa [leaf and stems], parsley [leaf], rose hips [fruit], watercress [herb])		

**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.

