

**FREE OF: Dairy, Soy, Sugar, Sodium,
Artificial Flavor and Preservatives.**

If you are pregnant, nursing, taking any medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Avoid this product if you are allergic to yeast. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. 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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B-COMPLEX STRESS FORMULA

ENERGY METABOLISM*
NERVOUS SYSTEM / IMMUNE SUPPORT*

DAIRY FREE
SUITABLE FOR VEGANS



90 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving		%DV
Vitamin C	100 mg	111%
(as L-ascorbic acid)		
Thiamin	50 mg	4,167%
(vitamin B1) (as thiamin mononitrate)		
Riboflavin	50 mg	3,846%
(vitamin B2)		
Niacin (vitamin B3)	25 mg	156%
Vitamin B6	2 mg	118%
(as pyridoxine HCl)		

Amount Per Serving		%DV
Vitamin B12	100 mcg	4,167%
(as cyanocobalamin)		
Biotin (as D-biotin)	300 mcg	1,000%
Pantothenic Acid	10 mg	200%
(vitamin B5) (as D-Ca pantothenate)		
Choline	20 mg	4%
(as choline bitartrate)		
Blend:	640 mg	**
(Brewer's Yeast [derived from wheat], Rose Hips (fruit))		
Inositol	50 mg	**
**Daily Value (DV) not established		

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Dicalcium Phosphate, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin. Contains wheat.

SUGGESTED USE: As a dietary supplement for adults, take one (1) tablet daily, preferably with a meal or as directed by a healthcare practitioner.

