

swanson.com
or call 1-800-437-4148

- Specially formulated to replenish nutrients lost during high-stress times*
- 500 mg of high potency vitamin C for added antioxidant protection*

Science-Backed Quality Since 1969

Suggested use: As a dietary supplement, take one capsule one to two times per day with water.

WARNING: For adults only. Consult your physician before using this or any product if you are pregnant or nursing, taking medication, or if you have a medical condition. Keep out of reach of children.

Do not use if seal is broken. Store in a cool, dry place.

*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.



Super Stress B-Complex

Energy and Metabolism*

WITH VITAMIN C

VITAMIN SUPPLEMENT | 240 CAPSULES

Supplement Facts

Serving Size 1 Capsule

Amount Per Serving		% Daily Value
Vitamin C (as ascorbic acid)	500 mg	556%
Thiamin (thiamin HCl) (vitamin B-1)	25 mg	2,083%
Riboflavin (vitamin B-2)	25 mg	1,923%
Niacin (as niacinamide)	50 mg NE	313%
Vitamin B-6 (as pyridoxine HCl)	25 mg	1,471%
Folate (200 mcg folic acid)	340 mcg DFE	85%
Vitamin B-12 (as cyanocobalamin)	125 mcg	5,208%
Biotin	50 mcg	167%
Pantothenic Acid (as calcium pantothenate)	125 mg	2,500%
Choline (from choline bitartrate)	20 mg	4%
Inositol	50 mg	**
PABA (para-aminobenzoic acid)	25 mg	**

**Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, silica.

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