

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

If you are pregnant, nursing, taking any medications, have any medical condition, or are planning to undergo any clinical lab testing, please consult your healthcare practitioner before taking any dietary supplement. Some supplements may interact with certain medications and/or interfere with certain lab tests. 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:**  
**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](http://www.solgar.com)**

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**Prod 1802**

**SOLGB71800 03D**

**14-01802X3S**



# B-COMPLEX STRESS FORMULA

ENERGY METABOLISM\*  
NERVOUS SYSTEM / IMMUNE SUPPORT\*

DAIRY FREE  
SUITABLE FOR VEGANS  
Non-GMO



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)      |        |        |

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.

| 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                       |         |        |

