

**Directions:** As a dietary supplement, take two capsules once daily, preferably with a meal or as directed by a healthcare practitioner.

**Bluebonnet's Stress B-Complex Vegetable Capsules** are formulated with a full spectrum of B vitamins as well as vitamin C from L-ascorbic acid which play a complementary role in maintaining physiologic and metabolic functions that support energy production and nervous system health. ♦



**Free** of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

Also free of gluten, barley, rice, sodium and sugar.

Bluebonnet's KOF-K Certification #K-0000700

Manufactured by **Bluebonnet Nutrition Corporation**

12915 Dairy Ashford, Sugar Land, TX 77478 USA

[bluebonnetnutrition.com](http://bluebonnetnutrition.com)



Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.



♦ 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.



Dietary Supplement

**50** Vegetable Capsules

**Bluebonnet**



# Stress B-Complex♦

With Vitamin C

Stress Support Formula ♦

## Supplement Facts

Serving Size 2 Capsules

Servings Per Container 25

| Amount Per Serving                           |             | % Daily Value |
|----------------------------------------------|-------------|---------------|
| Vitamin C (as L-ascorbic acid)               | 1000 mg     | 1111%         |
| Thiamin (as thiamin mononitrate)             | 50 mg       | 4167%         |
| Riboflavin (as riboflavin)                   | 50 mg       | 3846%         |
| Niacin (as niacinamide)                      | 100 mg      | 625%          |
| Vitamin B <sub>6</sub> (as pyridoxine HCl)   | 50 mg       | 2941%         |
| Folate (as 400 mcg folic acid)               | 667 mcg DFE | 167%          |
| Vitamin B <sub>12</sub> (as cyanocobalamin)  | 250 mcg     | 10,417%       |
| Biotin                                       | 100 mcg     | 333%          |
| Pantothenic Acid (as calcium D-pantothenate) | 250 mg      | 5000%         |
| Choline (as bitartrate)                      | 41 mg       | 7%            |
| Inositol                                     | 100 mg      | *             |
| PABA (para-aminobenzoic acid)                | 50 mg       | *             |

\* Daily Value not established.

Other ingredients: Capsule (hypromellose, purified water), vegetable cellulose, vegetable magnesium stearate.