

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

Bluebonnet's Stress B-Complex Capsules provide a full spectrum of high potency B vitamins in their purest form plus vitamin C from L-ascorbic acid. Available in easy-to-swallow vegetable capsules for maximum assimilation and absorption.

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

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

Bluebonnet's KOF-K certification #K-0000700

Manufactured by

Bluebonnet Nutrition Corporation

12915 Dairy Ashford, Sugar Land, Texas 77478 USA

www.bluebonnetnutrition.com



Stress B-Complex

High Potency B-Complex
Easy-To-Swallow Capsules
Dietary Supplement



250 Vcaps



Supplement Facts

Serving Size 2 Capsules

Serving Per Container 50

Amount Per Serving		% Daily Value
Vitamin C (L-ascorbic acid)	1000 mg	1667
Vitamin B-1 (thiamine)	50 mg	3333
Vitamin B-2 (riboflavin)	50 mg	2941
Vitamin B-3 (niacinamide)	100 mg	500
Vitamin B-6 (pyridoxine HCl)	50 mg	2500
Folate (folic acid)	400 mcg	100
Vitamin B-12 (cobalamin)	250 mcg	4165
Biotin	100 mcg	33
Pantothenic Acid (calcium pantothenate)	250 mg	2500
Choline Bitartrate	100 mg	*
Inositol	100 mg	*
PABA (para-aminobenzoic acid)	50 mg	*

* Daily Value not established.

Other ingredients: 100% Kosher vegetable capsules, vegetable cellulose, vegetable magnesium stearate.