

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 for better mood and stress relief. ♦



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

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

Bluebonnet's KOF-K Certification #K-0000700

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

Manufactured by  
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♦ 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.



Bluebonnet



# Stress B-Complex

With Vitamin C

Energy Production & Stress Relief ♦



Dietary Supplement **50** Vegetable Capsules

Directions: As a dietary supplement, take two capsules once daily, preferably with a meal or as directed by a healthcare practitioner. Store tightly closed in a cool, dry place.

## 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 vitamin B <sub>2</sub> )	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.