

**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 healthcare provider 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.



**SWANSON**

# 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 B1)	25 mg	2,083%
Riboflavin (vitamin B2)	25 mg	1,923%
Niacin (as niacinamide)	50 mg NE	313%
Vitamin B6 (from pyridoxine HCl)	25 mg	1,471%
Folate (200 mcg folic acid)	340 mcg DFE	85%
Vitamin B12 (as cyanocobalamin)	125 mcg	5,208%
Biotin	50 mcg	167%
Pantothenic Acid (from 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.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS  
 Fargo, ND 58104 USA • 1-800-437-4148  
 MADE IN CANADA

Rev 8 03 17 23

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