

FREE OF: Dairy, Soy, Sugar, Sodium, Artificial Flavor, Sweetener, Preservatives and Color.

If you are pregnant, nursing, taking any medication or have a medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store in a cool, dry place. Do not use if outer bottle seal is missing, torn or damaged in any way.

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.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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**

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SOLGB71800 00B



B-COMPLEX STRESS FORMULA*

ENERGY METABOLISM*
NERVOUS SYSTEM /
IMMUNE SUPPORT*

SUITABLE FOR VEGETARIANS



60 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Servings Size: 1 Tablet

Amount Per Serving		%DV
Vitamin C	100 mg	167%
(as L-ascorbic acid)		
Thiamin	50 mg	3333%
(vitamin B1) (as thiamin mononitrate)		
Riboflavin	50 mg	2941%
(vitamin B2)		
Niacin (vitamin B3)	25 mg	125%
Vitamin B6	2 mg	100%
(as pyridoxine HCl)		

Amount Per Serving		%DV
Vitamin B12	100 mcg	1667%
(as cobalamin)		
Biotin (as D-biotin)	300 mcg	100%
Pantothenic Acid	10 mg	100%
(vitamin B5) (as D-Ca pantothenate)		
Iron†	0.8 mg	4%
Natural Blend		
(Brewer's Yeast [derived from wheat], Rose Hips [fruit])		
Inositol	50 mg	**
Choline	20 mg	**
(as choline bitartrate)		
**Daily Value (DV) not established		

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Vegetable Cellulose, Silica, Vegetable Magnesium Stearate, Vegetable Stearic Acid, Vegetable Glycerin. Contains wheat.

† Naturally occurring; therefore amount may vary.

SUGGESTED USE: Adults, take one (1) to two (2) tablets daily, preferably at mealtime, or as directed by a healthcare practitioner.

