



SWANSON
PREMIUM BRAND
bringing wellness to the world since 1969

Super Stress B-Complex with Vitamin C

Vitamin Supplement

100 capsules



• DO NOT USE IF SEAL IS BROKEN. • STORE IN A COOL, DRY PLACE.
• KEEP OUT OF REACH OF CHILDREN.

SUGGESTED USE: As a dietary supplement, take one capsule one to two times per day with water.

Supplement Facts

Serving Size 1 Capsule

	Amount Per Serving	% Daily Value
Vitamin C USP (as ascorbic acid)	500 mg	833%
Thiamin USP (thiamin HCl) (vitamin B-1)	25 mg	1,667%
Riboflavin USP (vitamin B-2)	25 mg	1,471%
Niacin USP (as niacinamide)	50 mg	250%
Vitamin B-6 USP (as pyridoxine HCl)	25 mg	1,250%
Folic Acid USP	200 mcg	50%
Vitamin B-12 USP (as cyanocobalamin)	125 mcg	2,083%
Biotin USP	50 mcg	17%
Pantothenic Acid USP (as calcium pantothenate)	125 mg	1,250%
Choline Bitartrate FCC	50 mg	*
Inositol FCC	50 mg	*
PABA USP (para-aminobenzoic acid)	25 mg	*

*Daily Value not established.

Other ingredients: Gelatin, magnesium stearate, rice flour.

DISTRIBUTED BY SWANSON HEALTH PRODUCTS

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TO REORDER, CALL TOLL FREE 1-800-437-4148
or visit our website at www.swansonvitamins.com



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