

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor, Sweetener and Preservatives.

B Complex vitamins are needed for the metabolism of carbohydrates, fats and proteins, which convert food into energy.

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.

*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.

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

©2010 Solgar, Inc.

SOLGB78022 01B



ULTIMATE B+C COMPLEX STRESS FORMULA*

ENERGY METABOLISM*
NERVOUS SYSTEM / IMMUNE SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS

60 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV
Vitamin C (as L-ascorbic acid)	1000 mg 1667%
Thiamin (vitamin B1) (as thiamin mononitrate)	50 mg 3333%
Riboflavin (vitamin B2)	50 mg 2941%
Niacin (vitamin B3) (as niacin, niacinamide)	50 mg 250%
Vitamin B6 (as pyridoxine HCl)	50 mg 2500%
Folic Acid	400 mcg 100%
Vitamin B12 (as cobalamin)	50 mcg 833%

Amount Per Serving	%DV
Biotin (as D-biotin)	50 mcg 17%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	50 mg 500%
Inositol	50 mg **
Choline (as choline bitartrate)	21 mg **
Citrus Bioflavonoid Complex	25 mg **
Rose Hips (fruit)	25 mg **
Hesperidin	5 mg **
Rutin	5 mg **
Betaine (from betaine HCl)	15 mg **
L-Glutamic Acid	15 mg **
**Daily Value (DV) not established	

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Titanium Dioxide, Vegetable Magnesium Stearate, Silica, Vegetable Glycerin.

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

