

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.

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.

Carefully Manufactured by:
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SOLGB78020 00B



B-COMPLEX

WITH VITAMIN C

STRESS FORMULA*

ENERGY METABOLISM*
NERVOUS SYSTEM / IMMUNE SUPPORT*



GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGETARIANS



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 50

Amount Per Serving	%DV
Vitamin C (as L-ascorbic acid)	500 mg 833%
Thiamin (vitamin B1) (as thiamin mononitrate)	10 mg 667%
Riboflavin (vitamin B2)	10 mg 588%
Niacin (vitamin B3) (as niacinamide)	100 mg 500%
Vitamin B6 (as pyridoxine HCl)	10 mg 500%

Amount Per Serving	%DV
Folic Acid	100 mcg 25%
Vitamin B12 (as cobalamin)	25 mcg 417%
Biotin (as D-biotin)	25 mcg 8%
Pantothenic Acid (vitamin B5) (as D-Ca pantothenate)	100 mg 1000%
Inositol	100 mg **
Choline (as choline bitartrate)	41 mg **
Natural Powdered Blend (kelp [plant], acerola [fruit], alfalfa [plant], parsley [aerial], rose hips [fruit], watercress [plant])	12 mg **
**Daily Value (DV) not established	

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

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

