

Other Ingredients: Stearic acid (vegetable source), magnesium stearate (vegetable source), silicon dioxide, modified cellulose gum, cellulose and glycerin.

SUGGESTED USE: Take two tablets daily with food.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, soy, crustacean shellfish or fish. Suitable for vegans.

Our comprehensive stress formula, **B-Complex** is designed to help the body manage both mental and physical stress.†

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

† 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.



COMPLEX

With Vitamin C

Nutritional Support for Stress†

Dietary Supplement

30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 2 Tablets

Servings Per Container 15

Amount Per Serving	% Daily Value	
Vitamin C (as niacinamide ascorbate, ascorbic acid)	750 mg	1250%
Thiamin (as thiamin HCl)	50 mg	3333%
Riboflavin	50 mg	2941%
Niacin (as niacinamide ascorbate)	200 mg	1000%
Vitamin B6 (as pyridoxine HCl)	100 mg	5000%
Folic Acid	400 mcg	100%
Vitamin B12 (as cobalamin)	125 mcg	2083%
Biotin	150 mcg	50%
Pantothenic Acid (as calcium pantothenate)	200 mg	2000%
Calcium (from calcium phosphate)	100 mg	10%
Magnesium (from magnesium oxide) ...	100 mg	25%
Chromium (from chromium chloride) ...	50 mcg	42%
Choline (as choline bitartrate)	100 mg	*
Inositol	100 mg	*
PABA (as para-aminobenzoic acid)	50 mg	*
Passion Flower	10 mg	*
Valerian Root	10 mg	*

* Daily Value not established.

KEEP OUT OF REACH OF CHILDREN.

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