

**Stress Management System** provides nutrients known to help manage stress. Especially helpful during times of unusually high stress. Most effective when accompanied by a well-balanced diet and one of the ALTRUM multis.\*

**Suggested Use:** Three tablets a day, preferably with meals.

**\*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.**

Store in a cool, dry place.

Distributed by ALTRUM Nutrition Div. of AMSOIL INC.  
Superior, WI 54880 (715) 392-7101

Product Code  
**VB010**

Rev:1

**ALTRUM**  
*Established*  
1985

# Stress Management System

**B-COMPLEX, VITAMIN C AND ZINC**

**Dietary Supplement 120 Tablets**

## Supplement Facts

Serving Size: 3 Tablets

Servings per Container: 40

	Amount per Serving	% Daily Value
Vitamin C (as ascorbic acid)	600 mg	1000%***
Thiamin (as thiamine mononitrate)	12 mg	800%***
Riboflavin	15 mg	882%***
Niacin (as niacin and niacinamide)	100 mg	500%***
Vitamin B6 (as pyridoxine HCl)	18 mg	900%***
Folic Acid	400 mcg	100%***
Vitamin B12 (as cyanocobalamin)	24 mcg	400%***
Biotin	150 mcg	50% ***
Pantothenic Acid (as d-calcium pantothenate)	60 mg	600%***
Calcium (as dicalcium phosphate)	50 mg	5%***
Zinc (as zinc oxide)	15 mg	100%***
PABA (para amino benzoic acid)	30 mg	**

\*\*\* Daily Values are based on a 2,000 calorie diet.

\*\* Daily Value not established.

**Other ingredients:** Vegetable cellulose, vegetable stearine, calcium stearate, cellulose gum, silicon dioxide, rose hips.