

FREE OF: Gluten, Wheat, Dairy, Soy, Yeast, Sugar, Sodium, Artificial Flavor 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 medications or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

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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B-COMPLEX WITH VITAMIN C STRESS FORMULA

ENERGY METABOLISM*
NERVOUS SYSTEM / IMMUNE SUPPORT*

GLUTEN, WHEAT & DAIRY FREE
SUITABLE FOR VEGANS
Non-GMO



100 TABLETS

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Tablets

Servings Per Container: 50

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

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

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

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	13 mg	**
(kelp [plant], acerola complex [fruit], alfalfa [leaf and stems], parsley [leaf], rose hips [fruit], watercress [herb])		
**Daily Value (DV) not established		

