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: Solgar, Inc., 500 Willow Tree Road Leonia, NJ 07605 U.S.A. For more information, call toll-free

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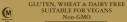
SOLGB78020 01C



B-COMPLEX

STRESS FORMULA

ENERGY METABOLISM*
NERVOUS SYSTEM / IMMUNE SUPPORT*





(as thiamin mononitrate)

Riboflavin (vitamin B2) 10 mg 588%.

Niacin (vitamin B3) 100 mg 500% (as niacinamide)

Vitamin B6 (as pyridoxine HCI) 10 mg 500% (as pyridoxine HCI)

(Color), Vegetable Magnesium Stearate, Vegetable Glycerin.

SUGGESTED USE: Adults, take two

(2) tablets daily, preferably with a

meal or as directed by a healthcare

Servings Per Container: 50

Amount Per Serving

(as L-ascorbic acid)

Thiamin (vitamin B1)

Supp

Servina

Vitamin C

practitioner.

lement Facts	Amount Per S
live: 2 Tablete	Eolic Acid

500 mg 833

10 mg 667

	Folic Acid	100 mcg
	Vitamin B12 (as cobalamin)	25 mcg
_	Biotin (as D-biotin)	25 mcg
%	Pantothenic Acid (vitamin B5) (as D-Ca)	100 mg pantothenate
0/.		
%	Inositol	100 mg
_	Inositol Choline (as choline bitartrate)	100 mg 41 mg
% % %	Choline	41 mg nd 13 mg complex [fru

**Daily Value (DV) not established

ose, Silica, Vegetable Stearic Acid, Titanium Dioxide

25%

8%

000%



DIETARY SUPPLEMENT