

Carlson

Now in
Capsules

Stress & Energy

B Complex

with 200 mg Vitamin C

DIETARY SUPPLEMENT

✓ Energy Production* ✓ Nerve Health* ✓ Immune Support*

90 Vegetarian Capsules | 45 Servings

B Complex is an excellent source of B complex vitamins, which support energy production and nervous system health.* It also provides vitamin C to promote healthy immune function.*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

✓ **Gluten-free**

✓ **No Artificial Preservatives**



POTENCY & QUALITY GUARANTEED

Dist. by Carlson Div. of J.R. Carlson Laboratories, Inc.
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Supplement Facts

Serving Size 2 Capsules

Servings Per Container 45

	Amount Per Serving	% Daily Value
Vitamin C (ascorbic acid)	200 mg	222%
Thiamin (Vitamin B-1)(from thiamin mononitrate)	50 mg	4,167%
Riboflavin (Vitamin B-2)	40 mg	3,077%
Niacin (as niacinamide)	50 mg	313%
Vitamin B-6 (from pyridoxine HCl)	20 mg	1,176%
Folate (800 mcg folic acid)	1,360 mcg DFE	340%
Vitamin B-12 (as cyanocobalamin)	50 mcg	2,083%
Biotin	100 mcg	333%
Pantothenic Acid (from d-calcium pantothenate)	11 mg	220%

Other Ingredients: Hydroxypropyl methylcellulose, cellulose, magnesium stearate (veg.).

Directions: Adults: take two capsules daily **at mealtime**. Keep bottle tightly closed. Store away from heat and moisture.

Content color may darken over time.