



Stress B with C

High potency complex of B vitamins and vitamin C which are metabolized by the body in times of stress.

VITAMIN C – Active throughout the body. It helps to strengthen the capillaries (the tiniest blood vessels) and cell walls and is crucial for the formation of collagen. By doing that, Vitamin C prevents bruising, promotes healing and keeps gums, ligaments and tendons strong and healthy. It also aids the production of hemoglobin in red blood cells and assists the body in absorbing iron from foods.

B1 (THIAMIN) – Essential for converting the carbohydrates in foods into energy. Plays a role in promoting healthy nerves and may be useful in treating certain types of heart disease. Can improve the pumping power of the heart for people with congestive heart failure.

B2 (RIBOFLAVIN) – Plays a vital role in the production of thyroid hormone, which speeds up metabolism and helps assure a steady supply of energy. Aids the body in producing infection-fighting immune cells, and it works in conjunction with Iron to manufacture red blood cells. It produces substances that assist powerful antioxidants, such as Vitamin E, in protecting cells against damage.

NIACIN – Needed to release energy from carbohydrates. Also involved in controlling blood sugar, keeping skin healthy and maintaining proper functioning of the nervous and digestive systems.

CONTENTS	% DAILY VALUE
Vitamin C (Ascorbic Acid) 500 mg	834
Vitamin B-1 (Thiamin Mononilate) 75 mg	5000
Vitamin B-2 (Riboflavin) 75 mg	4411
Niacin (Niacinamide) 50 mg	250
Vitamin B-6 (Pyrodoxine HCL) 75 mg	3750
Folic Acid 100 mcg	25
Vitamin B-12 (Cyanocobalamin) 50 mcg	833
Biotin 50 mcg	17
Pantothenic Acid (Cal. Panto.) 50 mg	500
Calcium (di-calcium phosphate) 600 mg	60
Magnesium (Oxide) 300 mg	75
Choline (Choline Bitartrate) 50 mg	*
Inositol (Inostisol monophosphate) 50 mg	*
para-Aminobenzoic Acid 50 mg	*
Hops 75 mg	*
Chamoline Flower 75 mg	*
Valerian Root Powder 75 mg	*
Passion Flower 75 mg	*

Other Ingredients: Magnesium Stearate and Stearic Acid.

Bottle Size - 90 Coated Tablets. Serving Size - 3 Tablets.

SUGGESTED USE: As a dietary supplement, take 3 tablets daily. For best results, take 1 tablet with breakfast, lunch and dinner.

WARNINGS

- Consult your doctor if you have any of the following conditions: diabetes, low blood pressure, bleeding problems, glaucoma, gout, liver disease or ulcers. All can be aggravated by Niacin.

Contains No yeast, No sugar, No starch, no artificial colors, flavors or preservatives.

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, fish and crustacean shellfish.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to cure, treat, prevent or diagnose any disease.