

GLUTEN-FREE • VEGETARIAN • NON-GMO

VEGETARIAN
B COMPLEX
 STRESS FORMULA
 WITH HERBS & COENZYMES

PIONEER B Complex Stress Formula is a premium blend of vitamins, minerals, herbs, B coenzymes and Green Foods, all carefully selected to provide serious and comprehensive nutritional support for stress.

One nation under stress. Each year, approximately 15% of the U.S. adult population receives prescription medicines to treat symptoms of stress. That's 36 million people suffering from problems such as fear, anxiety, worry, tension, headaches, fatigue, heart palpitations and insomnia. People with milder symptoms of stress may self-medicate with non-prescription sleeping pills and sedatives, alcohol, drugs or overeating.

Treating symptoms can be helpful in the short term, but a quick fix neither addresses the root of the problem, nor works to counter the physiological effects of stress. *B Complex Stress Formula* provides well-absorbed nutrients that are clinician-selected to gently nourish and assist the body's natural response to stress, aid in the conversion of food to energy and support normal nervous system functioning.

Of course, no one substance or pill can effectively treat all the many complexities of stress. A successful stress reduction and management program also includes proper nutrition and exercise, health-sustaining lifestyle choices, relaxation techniques and sufficient rest. PIONEER's professionally-written, free brochure, *Easing Stress...Four Steps*, offers helpful suggestions on how to develop a less stressful life. Ask for it!

CONSIDER THESE ADVANTAGES:

1. B Vitamins Balanced for the Demands of Stress.

The body does not always require equal amounts of all the B vitamins at the same time. While many B vitamins have similar functions and often depend on each other to operate optimally, specific health conditions may place higher demands on individual B vitamins. PIONEER gives you B's that are specifically balanced for stress.

2. Biologically Active B Complex Coenzymes.

Before B vitamins can be utilized by body cells, the liver must convert them into active "coenzyme" forms. *B Complex Stress Formula* uses four active vitamin B coenzymes: *cocarboxylase, riboflavin 5' phosphate, pyridoxal 5' phosphate* and *coenzymated B12*. Preconverted coenzyme forms of B vitamins can be more rapidly absorbed and transported to needed sites.

3. Nutrients for Adrenal Support. Stress causes the adrenal glands to work overtime. In addition to *pantothenic acid* and other B vitamins, nutrients such as *magnesium* and *vitamin C* help support proper adrenal function.

4. Relaxing Herbal Concentrates. *Passion Flower, Chamomile, Hops, and Avena sativa* (Oat grass) have been used for centuries in Europe and the US as gentle, calming relaxants. *B Complex Stress Formula* includes 1150 mg "total herb equivalency" of these four herbs, plus 25 mg of standardized *Eleutherococcus*, an adaptogen long used in Russia and Asia for protection against the effects of physical and mental stress.

5. Guaranteed Potency Standardized Herbs.

Growing conditions, harvesting and curing procedures, processing, and packaging methods all impact the final potency and effectiveness of a finished herbal product. To counter this variability, standardized extracts are analytically measured to contain stated amounts of known active ingredients. PIONEER selects the highest quality standardized extracts available.

6. Antioxidants for Oxidative Stress. Free radicals are harmful, oxygen-containing molecules that predispose cells to premature aging and death. To help counter this "oxidative stress," *B Complex Stress Formula* provides antioxidant vitamins C, E and A (as vegetarian *beta carotene & mixed carotenoids* from Green Foods) and a flavanone-rich *bioflavonoid complex*.

7. Spirulina, Chlorella and Barley Grass. These nourishing, natural whole Green Foods are rich in *chlorophyll, trace minerals, beta carotene, B-12* and other B vitamins.

8. True Full-Disclosure Labeling. All ingredients, their forms, and ratios are fully disclosed on the label of every PIONEER product. Read the label!

Serving Size 2 Tablets Bottles of 60 or 120 Tablets	AMOUNT PER SERVING	%DV
Vitamin A (natural beta carotene and mixed carotenoids from Green Foods)	500 IU	10%
Vitamin C (magnesium ascorbate)	200 mg	333%
Vitamin E (d-alpha tocopheryl succinate)	30 IU	100%
Vitamin B1 (9:1 thiamin[45mg]:B1 coenzyme cocarboxylase[5mg])	50 mg	3333%
Vitamin B2 (9:1 riboflavin HC[42mg]:B2 coenzyme riboflavin 5' phosphate[8mg])	50 mg	2940%
Niacin (1:2 niacin:niacinamide)	75 mg	375%
Vitamin B6 (5:1 pyridoxine HC[42mg]:B6 coenzyme pyridoxal 5' phosphate[8mg])	50 mg	2500%
Folic Acid	1000 mcg	250%
Vitamin B12 (5:1 methylcobalamin[208mcg]:B12 coenzyme[42mcg])	250 mcg	4166%
Biotin	300 mcg	100%
Pantothenic Acid (d-calcium pantothenate)	250 mg	2500%
Magnesium (aspartate & ascorbate)	100 mg	25%
Choline (bitartrate)	50 mg	*
Inositol (hexaphosphate)	50 mg	*
Bioflavonoid Complex (50% flavonones)	100 mg	*
Green Foods		
Spirulina (Hawaiian)	150 mg	*
Chlorella (broken cell)	75 mg	*
Barley Grass	75 mg	*
Standardized Herbal Extracts		
Chamomile flower Matricaria chamomilla (1% apigenin, 0.5% essential oil)	50 mg	*
Hops flower Humulus lup. (0.4% flavonoids)	50 mg	*
Oat grass 10:1 Avena sativa	30 mg	*
Passion Flower herb Passiflora incarnata (3.5% isovitexine)	25 mg	*
Eleutherococcus senticosus root (0.5% eleutheroside E)	25 mg	*

* Daily Value (DV) not established.

Other ingredients: cellulose, silica, vegetable magnesium stearate. THIS VEGETARIAN PRODUCT CONTAINS NO gluten, wheat, yeast, corn, eggs, dairy, and no added preservatives, colors or flavors. May contain traces of soy and citrus. NATURAL MANUFACTURING AGENTS ONLY. © 2000

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.