

Methyl B Complex 60 Tablets

EAN: 5055148410698

FABRICANTE: LAMBERTS



Methyl B Complex (With all B vitamins). Calcium L-Methylfolate, vitamin B6 as P5P, vitamin B12 as methylcobalamin.

DESCRIPTION

Methyl B Complex is an advanced B complex supplement that includes Folic Acid as Calcium MethylFolate, Vitamin B6 as Pyridoxal-5-Phosphate (P5P) and Vitamin B12 in the form of Methylcobalamin.

Provides methylfolate (or 5-MTHF), the active form of folate, ready for use by the body. Folate is the natural form of folic acid found in foods such as green leafy vegetables.

Vitamin B6 is present as Pyridoxal-5-Phosphate (P5P), which is the active form of vitamin B6.

We include vitamin B12 as methylcobalamin, a form of superior absorption.

Our Methyl B Complex also incorporates all of the other B vitamins, plus inositol and choline.

Yeast free and suitable for vegetarians and vegans.

Several of the B vitamins are known to contribute to the normal functioning of the immune system and normal psychological function.

Others are recognized for their contribution to reducing tiredness and fatigue, as well as maintaining normal skin.

Contribution per tablet:

Thiamine (B1)	25 mg
Riboflavin (B2)	28 mg
Niacin (B3)	32 mg NE
Vitamin B6 (P5P tablets)	12 mg
Folic Acid (as Calcium Methylfolate)	200 µg
Vitamin B12	300 µg
Biotin	250 µg
Pantothenic Acid (B5)	50 mg

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241222
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Inositol	30 mg
Hill	30 mg

Disintegration time: Less than 1 hour.

Suitable for vegetarians and vegans and free of lactose and gelatin.

Allergen note

The following list of allergens is excluded: wheat, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish, yeast and ingredients containing gluten.

Precautions

This product is not recommended for pregnant or breastfeeding women.

Prolonged intake of this amount of vitamin B6 may cause slight tingling or numbness in the extremities.

Instructions for use

Take 1 capsule daily with food.

Do not exceed the expressly recommended daily dose.

