

## Vitamin B-50 Complex 60 Capsules

EAN: 5055148400217

FABRICANTE: LAMBERTS



*Lamberts Vitamin B Complex 50, helps reduce fatigue, improves energy performance.*

### DESCRIPTION

LAMBERTS® Vitamin B Complex 50 (One a Day) was selected as the winning formula in an independent analysis.

It is a comprehensive formula, providing all the important B vitamins, in much higher concentrations than typical products found on the market.

It also has a significant level of 400 mcg of folic acid per tablet and this, along with vitamin B6, plays an important role in cardiovascular health through its role in regulating homocysteine in the blood.

Also worth noting is the content of Vitamin B3 in its form of Niacin instead of Niacidamine. Niacin is the result of nicotinic acid + vitamin, and the body can convert niacin into nicotinamide.

The B vitamins are closely related in their functions, which is why it is recommended to take them together, since a high consumption of one can mean a deficiency in others. To take full advantage of their benefits, it is best to take them in the form of a B complex.

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

Others also help reduce tiredness and fatigue, help maintain normal skin, nails and hair, as well as the process of cell division, among other functions.

This product provides an adequate concentration of B complex vitamins such as: Thiamine, Riboflavin, Niacin, Pyridoxine, Vitamin B12, Biotin, Pantothenic Acid, Inositol, Choline Bitartrate and Folic Acid.

- It is the choice of nutritionists.
- One a day. Aftertaste-free tablets.

In the case of very high requirements and the need for an increase in the intake of B vitamins, the use of the Vitamin B-100 Complex is preferable, since it provides twice the amount of most nutrients, providing up to 100 µg of Vitamin B12, as well as Vitamin B1 and Vitamin B2.



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**Light yellow oval coated tablet.**

**Each tablet provides:**

Thiamine (Vitamin B1)	50 mg	Riboflavin (Vitamin B2)	50 mg
Niacin (Vitamin B3)	50 mg NE	Vitamin B6	5 mg
Folic Acid	400 µg	Vitamin B12	50 µg
Biotin	50 µg	Pantothenic Acid	50 mg
Inositol	50 mg	Choline Bitartrate	50 mg
PABA	15 mg		

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

### Allergen note

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

### Precautions

Ingestion of this product may occasionally cause a dark yellow discoloration of the urine. This is harmless and indicates that the body is using Vitamin B2 (Riboflavin) effectively.

Do not take by pregnant or breastfeeding women.

### Instructions for use

Take 1 tablet daily with a meal.

Do not exceed the expressly recommended daily dose.

