

## Vitamin B Complex 60 Vegetable Capsules

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*Vitamin B complex Naturlider is beneficial for health as it contributes to normal energy metabolism, helps to reduce tiredness and fatigue and contributes to the normal functioning of the heart.*

### DESCRIPTION

#### What is Vitamin B Complex Naturlider and what is it for?

Vitamin B complex Naturlider is a food supplement that contains: Thiamin, riboflavin, niacin, vitamin B6, vitamin B12 and pantothenic acid that contribute to normal energy metabolism.

Riboflavin, niacin, vitamin B6, vitamin B12, pantothenic acid, and folic acid help reduce tiredness and fatigue.

Thiamine contributes to the normal functioning of the heart.

#### What are the ingredients of Vitamin B Complex Naturlider?

Inositol 100mg, Glazing Agent (Hydroxypropyl Methylcellulose (Vegetable Capsule)), Thiamine Hydrochloride 79% 63.29mg, Choline Bitartrate 62.50mg, Calcium D-Pantothenate 92.5% 54mg, Riboflavin 50mg, Nicotinamide 50 mg, pyridoxine hydrochloride 82% 30.50 mg, bulking agent (maltodextrin), anti-caking agents (magnesium stearate, silicon dioxide), pteroylmonoglutamic acid 400 µg, cyanocobalamin 50 µg and D-biotin 50 µg.

#### What are the properties of Vitamin B complex Naturlider?

B vitamins are beneficial to health because:

- Thiamin, riboflavin, niacin, vitamin B6, vitamin B12 and pantothenic acid contribute to normal energy metabolism.
- Riboflavin, niacin, vitamin B6, vitamin B12, pantothenic acid, and folic acid help reduce tiredness and fatigue.
- Thiamine contributes to the normal functioning of the heart.

#### What is the dosage of Vitamin B Complex Naturlider?

One vegetable capsule a day, with a glass of water, preferably in the morning.

