

Vitamin B Complex 250 ml

EAN: 4004148332418 FABRICANTE: SALUS



B vitamins are involved in a multitude of important metabolic processes in the body and contribute significantly to overall health and well-being.

DESCRIPTION

In the case of vitamins B₁, B₂, B₆, B₁₂ and niacin, which contribute to both normal energy metabolism and the function of the nervous system, vitamins B₂, B₆, B₁₂ and niacin help reduce tiredness and fatigue.

On the other hand, vitamin B₁ contributes to the normal function of the heart and vitamins B₆ and B₁₂ also support the formation of red blood cells and the functioning of the immune system.

Finally, biotin and niacin contribute to both the maintenance of normal skin and normal psychological function.

Ingredients

Aqueous extract (45%) of: yarrow, watercress herb, spinach leaves, olive leaves, galangal rhizome, ginger rhizome, rosehip peel.

Blend of fruit juice concentrates (36%): pear, apricot, orange, carob extract, passion fruit, lemon, apple.

Water, thickener (locust bean gum), niacin (nicotinamide), vitamin B₂ (riboflavin-5'-sodium phosphate), vitamin B₆ (pyridoxine hydrochloride), vitamin B₁ (thiamine hydrochloride), biotin, vitamin B₁₂ (methylcobalamin), natural flavours.

Instructions for use

Adults and young people aged 12 years and over: Take 20 ml once a day.

Children 6 to 11 years: take 10 ml once a day.

Children 3 to 5 years: take 5 ml once a day.

Nutritional information

	Per 100 ml	For 5 ml	For 10 ml	For 20 ml
Energy value	410 kJ / 97 kcal	21 kJ / 5 kcal	41 kJ / 9 kcal	82 kJ / 19 kcal

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Fats	< 0.5 g	< 0.5 g	< 0.5 g	< 0.5 g
of which saturated	< 0.1 g	< 0.1 g	< 0.1 g	< 0.1 g
Carbohydrates	23 g	1.2 g	2.3 g	4.6 g
of which sugars	19 g	1.0 g	1.9 g	3.8 g
Proteins	1.2 g	< 0.5 g	< 0.5 g	< 0.5 g
Salt	0.04 g	0.01 g	0.01 g	0.01 g

The salt content is exclusively due to the sodium naturally present in the food.

	For 5 ml	% NRV* for 5 ml	For 10 ml	% NRV* for 10 ml	For 20 ml	% NRV* for 20 ml
Thiamine (vitamin B ₁)	0.3 mg	27	0.6 mg	55	1.1 mg	100
Riboflavin (vitamin B ₂)	0.4 mg	29	0.7 mg	50	1.4 mg	100
Niacin (vitamin B ₃)	4 mg NE	25	8 mg NE	50	16 mg NE	100
Vitamin B ₆ (pyridoxine)	0.4 mg	29	0.7 mg	50	1.4 mg	100
Biotin (vitamin B ₇)	12.5 µg	25	25 µg	50	50 µg	100
Vitamin B ₁₂ (cobalamin)	0.6 µg	24	1.3 µg	52	2.5 µg	100

*NRV: Nutrient Reference Values according to EU regulation 1169/2011.

