

## Vitamin B Complex 30 Caps

EAN: 4004148346231 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

Vitamins B<sub>1</sub>, B<sub>2</sub>, niacin (B<sub>3</sub>), pantothenic acid (B<sub>5</sub>), B<sub>6</sub>, biotin (B<sub>7</sub>) and B<sub>12</sub> contribute to normal energy-yielding metabolism. With the exception of pantothenic acid (B<sub>5</sub>), these vitamins support the normal function of the nervous system. Folic acid (B<sub>9</sub>) also contributes to the reduction of tiredness and fatigue.

### Ingredients

Inactivated brewer's yeast enriched with B vitamins.

Vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>7</sub>, B<sub>9</sub> and B<sub>12</sub>.

Rice starch, inactivated brewer's yeast enriched with B vitamins (21%), hydroxypropyl methylcellulose (outer capsule), niacin (nicotinamide), calcium D-pantothenate (vitamin B<sub>5</sub>), silicon dioxide (anti-caking agent), sorbitol (humectant), vitamin B<sub>6</sub> (pyridoxine hydrochloride), riboflavin (vitamin B<sub>2</sub>), vitamin B<sub>1</sub> thiamine mononitrate, folic acid (pteroylmonoglutamic acid), D-biotin, vitamin B<sub>12</sub> (cyanocobalamin).

### Instructions for use

Adults and young people aged 12 years and over: Take 1 capsule daily with some liquid.

Adults: If necessary, take two capsules daily.

### Nutritional information

On average per daily dose	For 1 capsule	% NRV*	For 2 capsules	% NRV*
Thiamine (vitamin B <sub>1</sub> )	1.1 mg	100	2.2 mg	200
Riboflavin (vitamin B <sub>2</sub> )	1.4 mg	100	2.8 mg	200
Niacin (vitamin B <sub>3</sub> )	16 mg NE <sup>1)</sup>	100	32 mg NE <sup>1)</sup>	200
Pantothenic acid (vitamin B <sub>5</sub> )	6 mg	100	12 mg	200



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Vitamin B <sub>6</sub> (pyridoxine)	1.4 mg	100	2.8 mg	200
Biotin (vitamin B <sub>7</sub> )	50 µg	100	100 µg	200
Folic acid (vitamin B <sub>9</sub> )	200 µg	100	400 µg	200
Vitamin B <sub>12</sub> (cyanocobalamin)	2.5 µg	100	5 µmg	200

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

<sup>1)</sup> NE: Niacin equivalent.

