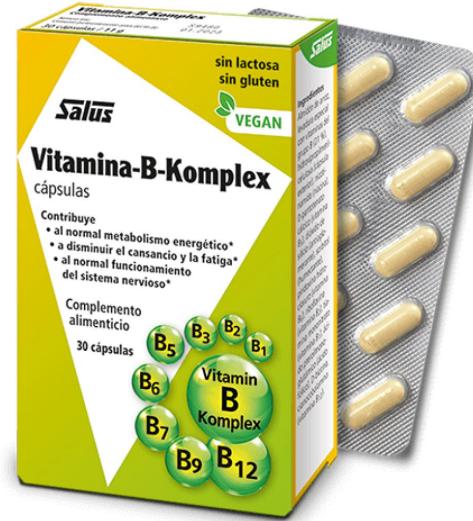




Vitamin B Complex 30 Caps

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 B₁, B₂, niacin (B₃), pantothenic acid (B₅), B₆, biotin (B₇) and B₁₂ contribute to normal energy-yielding metabolism. With the exception of pantothenic acid (B₅), these vitamins support the normal function of the nervous system. Folic acid (B₉) also contributes to the reduction of tiredness and fatigue.

Ingredients

Inactivated brewer's yeast enriched with B vitamins.

Vitamins B₁, B₂, B₃, B₅, B₆, B₇, B₉ and B₁₂.

Rice starch, inactivated brewer's yeast enriched with B vitamins (21%), hydroxypropyl methylcellulose (outer capsule), niacin (nicotinamide), calcium D-pantothenate (vitamin B₅), silicon dioxide (anti-caking agent), sorbitol (humectant), vitamin B₆ (pyridoxine hydrochloride), riboflavin (vitamin B₂), vitamin B₁ thiamine mononitrate, folic acid (pteroylmonoglutamic acid), D-biotin, vitamin B₁₂ (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 ₁)	1.1 mg	100	2.2 mg	200
Riboflavin (vitamin B ₂)	1.4 mg	100	2.8 mg	200
Niacin (vitamin B ₃)	16 mg NE ¹⁾	100	32 mg NE ¹⁾	200
Pantothenic acid (vitamin B ₅)	6 mg	100	12 mg	200

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241222
<https://bio-farma.es/buy/f/salus/vitamin-b-complex-30-caps>

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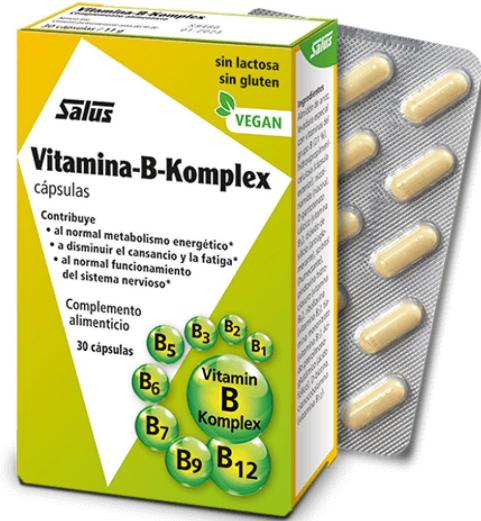
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Vitamin B ₆ (pyridoxine)	1.4 mg	100	2.8 mg	200
Biotin (vitamin B ₇)	50 µg	100	100 µg	200
Folic acid (vitamin B ₉)	200 µg	100	400 µg	200
Vitamin B ₁₂ (cyanocobalamin)	2.5 µg	100	5 µmg	200

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

¹⁾ NE: Niacin equivalent.

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