

## B-Complex with Vitamin C 100 Tablets

EAN: 033984002005

FABRICANTE: SOLGAR



*High-potency complex that provides the main B vitamins, and added vitamin C. Group B vitamins help produce energy and reduce tiredness and fatigue, support the functioning of the nervous system and, together with vitamin C, contribute to the functioning of the immune system.*

### DESCRIPTION

Vitamin B-Complex with Vitamin C from Solgar® is a high-quality complex that provides all the B vitamins along with vitamin C.

B vitamins are water-soluble nutrients that, among other functions, help produce energy and reduce tiredness and fatigue, and also support the functioning of the nervous system. Vitamin C contributes to the normal functioning of the immune system and contributes to the protection of cells against oxidative damage.

B-Complex with vitamin C, due to its composition, becomes an ideal product for those people with a busy lifestyle who seek to support their energy levels.

### Indications

- Consumers looking to manage a busy lifestyle.
- People who want to support their energy levels.

### Benefits

- Synergistic combination of vitamins B and C that support energy production - vitamins B6, B12 and C, pantothenic acid, biotin, niacin, riboflavin, thiamine contribute to normal energy metabolism.
- Vitamins B6 and B12, niacin, riboflavin and pantothenic acid help reduce tiredness and fatigue.
- Vitamins B6, B12 and C, biotin, niacin, riboflavin and thiamine contribute to the normal functioning of the nervous system.
- A booster for the normal functioning of the immune system - Vitamins B6, B12 and C and folic acid contribute to the normal functioning of the immune system.
- Without gluten.
- It does not contain starch, yeast, wheat, soy or dairy derivatives and is formulated without preservatives or aromas.



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- Suitable for vegans.

### Presentation

100 tablets

### Caution

- Food supplements should not be used as substitutes for a balanced and varied diet and a healthy lifestyle.
- Keep the product out of the reach of children.
- If you are pregnant, breastfeeding, undergoing medical treatment or suffering from any illness, consult your specialist before taking this product.
- If you think this product causes an adverse reaction, stop taking it immediately and consult your doctor.

### Ingredients:

Vitamin C (L-ascorbic acid); Bulking agents: microcrystalline cellulose, hydroxypropylmethylcellulose; Pantothenic acid (Calcium D-pantothenate); Inositol; Niacin (vitamin B3, nicotinamide); Choline (choline bitartrate); Anti-caking agents: vegetable magnesium stearate, silicon dioxide, vegetable stearic acid; Cross-linked cellulose gum; Thiamine (vitamin B1, thiamine mononitrate); Vitamin B6 (pyridoxine hydrochloride); Coating agents: hydroxypropylmethylcellulose, vegetable glycerin (from palm kernel oil and coconut oil), carnauba wax; Riboflavin (vitamin B2); Powdered herbal mixture from natural sources kelp (*Ascophyllum nodosum*), alfalfa (*Medicago sativa*) [leaf and stem], acerola extract (*Malpighia glabra*) [fruit], parsley (*Petroselinum crispum*) [leaf], rose hips (*Rosa canina*) [fruit], watercress (*Nasturtium officinale*) [herb]; Sweetener: mannitol; D-biotin; Folic acid (teroylmonoglutamic acid); Vitamin B12 (cyanocobalamin).

### Recommendations for use

- For adults, take one (1) tablet daily, preferably with meals.
- Swallow the tablets with water or another drink.
- The daily dose expressly recommended for this product should not be exceeded.



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### Conservation

- Keep the container tightly closed at room temperature.
- Do not consume the product if the internal seal is damaged.
- This product contains ingredients that may result in a normal variation in color and appearance over time.

