



## VITAMIN B COMPLEX (120 TABS.)

PRICE: **22,70** EUR

SHIPPING TIME: 24 GODZINY

Catalogue no.: PL1773

EAN code: PL1773



### DESCRIPTION OF THE ITEM

## Vitamin B Complex

### DIETARY SUPPLEMENT

This product is suitable for vegans and vegetarians.

B-group vitamins play an essential role in our bodies and are involved in many basic life processes. The product's composition was chosen to support proper energy metabolism and preserve mental functions, by taking advantage of the key properties of B vitamins, which do, however, demonstrate a much wider range of action.

Vitamin B2 (riboflavin) reinforces the nervous system and helps maintain good eyesight, while vitamin B6 additionally strengthens the immune system and niacin keeps the skin healthy. Without a doubt, one's daily diet should be composed in such a way that it provides the body with B vitamins. Supplementation seems to be the perfect solution.

Vitamin B Complex' formula is completed by citrus bioflavonoids and herbs, such as rosemary and turmeric.

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#### **INGREDIENTS:**

nicotinic acid amide, pantothenic acid, vitamin B6, riboflavin, thiamine, folic acid, D-biotin, vitamin B12, SynerPro concentrate [powdered broccoli flowers (*Brassica oleracea* var. *italica*), powdered cabbage leaf (*Brassica oleracea* var. *capitata*), powdered carrot root (*Daucus carota*), powdered beetroot root (*Beta vulgaris*), powdered rosemary leaf (*Rosmarinus officinalis*), powdered tomato fruit (*Solanum lycopersicum*), powdered turmeric rhizome (*Curcuma longa*), bioflavonoid extract from powdered grapefruit, bioflavonoid extract from powdered hesperidin, bioflavonoid extract from powdered orange], anti-caking agents (calcium phosphates, microcrystalline cellulose, fatty acids, sodium carboxymethylcellulose, magnesium salts of fatty acids).

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#### **KEY INGREDIENTS:**

Contained in a recommended serving (1 tablet):

Thiamine (B1) - 6 mg / 545% NRV\*

Riboflavin (B2) - 6.8 mg - 486% NRV\*

Niacin - 50 mg - 313% NRV\*\*

Vitamin B6 - 8 mg - 571% NRV\*\*

Folic acid - 400 µg - 200% NRV\*

Vitamin B12 - 24 µg - 960% NRV\*

Biotin - 300 µg - 600% NRV\*

Pantothenic acid - 40 mg - 667% NRV\*

Grapefruit extract 1.25 mg - including 50 µg of bioflavonoids

Hesperidin extract 1.25 mg - including 310 µg of bioflavonoids

Orange extract 1.25 mg - including 15 µg of bioflavonoids

\*NRV - Nutrient Reference Values

\*\*Nutrient reference values have not been set.

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#### **RECOMMENDED SERVING FOR DAILY CONSUMPTION:**

1 tablet daily with a meal

Do not exceed the recommended daily consumption.

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Keep in a dry and cool place, out of the reach of small children.

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Nature's Sunshine encourages everyone to lead a healthy lifestyle. Dietary supplements cannot replace a varied diet. A balanced diet and a healthy lifestyle are the base for a well-functioning body.