



Vitamin B Complex Capsules

Food supplement with important vitamins for skin and nerves

Interesting facts:

B-vitamins are of special importance to the human body. The B-vitamins are summarised in the so-called vitamin-B-complex. Among others, they are essential for the nervous system, a normal mental function, the metabolism, the mucous membranes and the skin. All B-vitamins form a matching group, which fulfil their tasks in the metabolic process.

Ingredients: Fillers Magnesium Carbonate, Corn Starch; Gelatin, Niacin, Calcium D-Pantothenate, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B2, Magnesium Stearate, Folic Acid, Vitamin B12.

	per capsules (= daily dose)	% of the recommended daily requirement (NRV)*	per 100 g capsules
Niacin	54 mg	338	12 g
Pantothenic Acid	18 mg	300	4 g
Vitamin B6	5.4 mg	386	1 g
Vitamin B1	3.9 mg	355	0.9 g
Vitamin B2	5.1 mg	364	1 g
Folic Acid	450 µg	225	0.1 g
Vitamin B12	9 µg	360	2 mg

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

Recommended use: Take 1 capsule a day unchewed with sufficient liquid.

Store in a dry place below 25°C. Protect from light.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of reach of small children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 150 capsules = 65 g

Art. No. 122

Eti0921