



Vitamin B12 Supra 200 µg Tablets

Nutritional supplement
highly dosed

Interesting facts:

Vitamin B12 (cobalamin) influences a number of fundamental metabolic processes in the body. As independent researchers the European Food Safety Authority (EFSA) have confirmed, vitamin B12 plays an important role, among other things, for the healthy functioning of the brain and nervous system, cell growth and cell division and in the human energy metabolism. Additionally Vitamin B12 supports the formation of red blood cells and the functioning of an intact, vital immune system. Vitamin B12 contributes to normal neurological and mental function and reduces fatigue and exhaustion.

Each tablet contains 200 µg Vitamin B12.

	per tablet	per daily dose (=2 tablets)	% of the recommended daily requirement (NRV)*	per 100 g tablets
Vitamin B12	200 µg	400 µg	16000	91 mg

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

Ingredients: Filler: Microcrystalline Cellulose, anti-caking agent: Magnesium Stearate, Silica, Vitamin B12.

Directions for use: Take 1-2 daily 1 tablet with sufficient liquid.

Store in a dry place below 25°C. 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 young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 240 tablets = 51 g

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