



3-B-Fit Capsules

Nutritional supplement with folic acid, vitamin B6 and vitamin B12

Useful information:

The vitamins B6, B12 and folic acid are essential for our bodies. Amongst other things, they play a role in keeping the heart, arteries and vessels healthy, as they have been proven to contribute towards a normal homocysteine metabolism. Homocysteine is an amino acid which is generated as proteins are broken down. A healthy organism quickly breaks down any undesired homocysteine excess and regulates the blood values back down to normal levels. Vitamins B6, B12 and folic acid, which also belongs to the group of so-called B vitamins, are required for this process. If these vitamins are not available in sufficient quantities due to one-sided nutrition or for other reasons, a nutritional supplement with 3-B-Fit Capsules can be recommended.

Every 3-B-Fit Capsule contains 15 mg vitamin B6, 1000 µg folic acid and 500 µg vitamin B12.

Ingredients: Filler: Magnesium Carbonate, Microcrystalline Cellulose, Gelatin, Vitamin B6 Hydrochloride, anti-caking agent: Magnesium Stearate, Folic Acid, Vitamin B12.

	per capsule (= daily dose)	% of the daily intake according to NRV*	per 100 g capsules
Vitamin B6	15 mg	1070	3630 mg
Folic acid	1000 µg	500	242 mg
Vitamin B12	500 µg	20000	121 mg

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

Recommended dose: Take 1 capsule per day in the mornings during breakfast and with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25° C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 120 capsules = 48 g

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