



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 fulfill their tasks in the metabolic process.

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

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

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

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

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

Food 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 100 capsules = 43 g

Art. No. 222

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