



B-Complex

How is this B-Complex different? It is made with a special time release process and isolation techniques. You benefit from Active Methyl B-Vitamins

Want to feel upbeat?

The dozen or so B vitamins are so meagerly supplied in the American diet that many Americans lack some of them. Sugar, alcohol and caffeine cause further deficiency problems. The need for B vitamins increases during infection or stress. Children and pregnant and lactating women need higher levels for normal growth. Most authorities agree that the B Vitamins work best if all are supplemented.

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Supplement Facts: Serving Size: 1 Capsule, Servings per Container: 100

Each capsule contains 10 mg Thiamine (B1), 10 mg Riboflavin (Riboflavin-5-phosphate - B2), 100 mg Niacinamide (non-flushing B3), 10 mg Vitamin B6 (pyridoxal-5-phosphate), 400 mcg Folate (Folic Acid), 50 mcg Vitamin B12 (methylcobalamin), 500 mcg Biotin, 300 mg Pantothenic acid (calcium pantothenate).

Other Ingredients: magnesium stearate, gelatin.

Suggested Use: 1 capsule with breakfast or as directed by a health professional.

The ingredients in this product are supplied by well respected USA and/or European vendors and they are analyzed for purity and quality.

How B-Complex is Supplied:

VMBC

bottles of 100 capsules

Related Products: Ultra Folic B6 B12, Ultra Vites, Ultra Preventive



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www.nutritionpureandsimple.com

*These statements have not been evaluated by the Food and Drug Administration
Products are not intended to diagnose, treat, cure, or prevent any disease*