

Product Information Sheet



Vitamins, Minerals and Multis

B-Complex

V Ve

Multiple B Vitamin Formula

B vitamins are cofactors in literally thousands of enzymatic reactions in the body and are especially critical for energy-releasing reactions (glycolysis, Krebs's cycle reactions, gluconeogenesis and lipolysis). Most physiological processes require multiple B vitamins, hence the wisdom of supplementing B-vitamins as a complex with a balance of all. B-Complex also contains choline and inositol, which are non-essential cofactors for efficient fat metabolism and cell membrane function.

Ingredients:

Each tablet typically contains:

Vitamin B1 (thiamin HCl)	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B3 (niacinamide)	50 mg
Vitamin B5 (D-calcium pantothenate)	50 mg
Vitamin B6 (pyridoxine HCl)	25 mg
Vitamin B12 (cyanocobalamin)	25 µg
Folic Acid	200 µg
Biotin	50 µg
Choline (bitartrate)	50 mg
Inositol	50 mg
PABA (para-Aminobenzoic Acid)	25 mg

Tableted with:

Dicalcium phosphate
Microcrystalline cellulose
Silicon dioxide
Stearic acid

Features:

B complex vitamins are involved as essential co-factors in thousands of enzymatic reactions that occur in the body. Chief among these include:

- Energy release and ATP production from carbohydrates.
- Healthy functioning of the nervous system, including nerve membrane structure, neurotransmitter synthesis and nerve conduction.
- Stress adaptation and blood sugar balance.
- Metabolic clearing processes.

Recommendation: 1-2 tablets daily with food, or as directed.

Caution: None known if directions are followed. This product may cause urine to turn bright yellow. This is harmless and indicates the body is eliminating any excess vitamin B2 (riboflavin). An increase in daily liquid intake should bring the urine back to the normal or near normal colour.

Product Code: 3345

Package Size: 90