

Super B-Complex - Product number B017 - 100 VeCaps

Description

Vitamin B complex with both the common B vitamins and their active coenzyme forms. Renewed and improved formula.

B vitamins are water soluble and contribute as cofactors of many enzymes to:

- a normal energy-yielding metabolism
- the reduction of tiredness and fatigue
- normal functioning of the nervous system and normal mental performance
- the maintenance of normal red blood cells, skin and mucous membranes
- the maintenance of normal vision
- the protection of cells against oxidative stress
- the normal metabolism of iron
- normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- a normal metabolism of proteins and glycogen
- the normal functioning of the immune system
- A normal synthesis of cysteine and the normal metabolism of homocysteine
- the regulation of hormonal activity
- normal formation of red blood cells and normal course of the cell division process

Ingredients and% Reference Intake per Vegicapsule:

Vit. B1 (thiamine-HCl) 20 mg 1800%
Vit. B1 (thiamine cocarboxylase) 7.5 mg 680%
Vit. B2 (riboflavin) 20 mg 1429%
Vit. B2 (riboflavin-5-phosphate) 7.5 mg 402%
Vit. B3 (niacinamide) 30 mg 187%
Vit. B3 (inositol hexaniacinate) 40 mg 194%
Vit. B5 (calcium pantothenate) 65 mg 992%
Vit. B5 (panthetin / pro-coenzyme A) 10 mg 33.33%
Vit. B6 (pyridoxal-5-phosphate) 15 mg 734%
R + Alpha lipoic acid 5 mg
5-Methyl tetrahydrofolate (active folic acid) 450 mcg 225%
Vit. B12 (hydroxycobalamin) 75 mcg 2872%
Vit. B12 (dibencoside) 75 mcg 2527%
Vit. B12 (methylcobalamin) 75 mcg 2965%
N, N-dimethylglycine (pangamic acid / B15) 15 mg
Trimethylglycine (betaine) 20 mg
PABA 30 mg
Biotin 250 mcg 500%
Choline 50 mg (elem.)
Inositol 50 mg
Taurine 50 mg
Vit. C (ascorbic acid) 50 mg 63%

Capsule wall: HPMC. **Filler:** microcrystalline cellulose. **Anti-caking agents:** vegetable magnesium stearate, calcium phosphate, silicon dioxide. This product does not contain gluten, lactose, milk proteins or animal gelatin.

Usage and warnings:

Adults: 1 capsule daily with meals. Close packaging immediately after use and store dry (not in the refrigerator due to condensation). The product has a shorter shelf life after opening the packaging. Do not exceed recommended dosage. Keep out of reach of children. This dietary supplement is not suitable for children up to and including 17 years old. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet. This product can lead to increased blood levels of vitamin B6 in a specific group of people; consult your practitioner before use.