

## **Spectrum Base**

### **Description**

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### **Product number B071 - 100 tablets Renewed formula.**

Complex of (the active coenzyme forms of) vitamin B6, vitamin B12, folic acid, biotin and lipoic acid and the minerals magnesium, zinc, selenium. Vitamin B6, B12 and magnesium contribute to normal functioning of the nervous system and normal psychological function. This renewed formula has now been extended with biotin and lipoic acid and, due to the amended legislation, has an adjusted content of vitamin B6.

### **Ingredients and% Reference Intake per tablet:**

Vitamin B6 (pyridoxine) 1.5 mg 107%

Active vitamin B6 (pyridoxal-5-phosphate) 4 mg 286%

Biotin 250 mcg 500%

R + Alpha-Lipoic Acid 5 mg

Zinc (monomethionine, citrate) 15 mg 150%

Magnesium (bisglycinate) 120 mg 32%

Active folic acid (5-methyltetrahydrofolate) 200 mcg 100%

Vitamin B12 (methylcobalamin) 5 mcg 198%

Vitamin B12 (adenosylcobalamin) 5 mcg 168%

Selenium (L-selenomethionine) 25 mcg 45%

Vitamin D3 (cholecalciferol) 400 i.e. 10 mcg 200%

The minerals are listed in basic amounts.

**Fillers:** microcrystalline cellulose, maltodextrins (gluten-free), vegetable magnesium stearate and stearic acid, rice starch, cottonseed oil. **Anti-caking agent:** silicon dioxide.

### **Usage and warnings:**

1 tablet daily after a meal, unless otherwise recommended by an expert / physician; as a rule, a dose of 1 tablet per 20 kg body weight is used. The tablet is easy to break in half so that supplementation per 10 kg body weight is possible. Do not exceed recommended dosage and keep out of reach of children. This dietary supplement is not suitable for children up to and including 10 years old. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a varied diet.