

Vitamine B - Complex 60 caps

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All the vitamins of the B-group combined in a single capsule



Description

Vitamin B complex consists of a single capsule which combines the vitamins of the B-group (vitamins B1, B2, B3, B5, B6, B12, H and M)

Each B vitamin has its own unique biological role and its own individual characteristics, but they often work together. Vitamin B2, B3 and B12 combat fatigue and exhaustion, while vitamins B1, B2, B6, B8 and B12 contribute to a normal functioning of our nervous system and our psyche. Moreover, vitamins B2, B3 and B8 contribute to a normal skin function, while vitamin B1 helps maintain a healthy heart. 100% safe: Vitamin B is stored relatively little in the body, so that a regular intake is required. These vitamins are water soluble, which means that any excess leaves the body through the urine.

Range of indications

- For a healthy energy level
- For a healthy psyche and a well-functioning nervous system
- For a healthy skin
- To maintain a healthy heart

INSTRUCTIONS

Take 1 to 2 capsules per day with a little water during meals. Do not exceed the recommended daily intake. Store the product out of reach of young children.

Food supplements should not replace a varied and balanced diet and a healthy lifestyle.

TIP

When using one of the B vitamins, it is preferable to administer a B-Complex.

Composition

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	per capsule	per 100 gram

Olive oil	329,6215 mg	44,8465 g
Gelatine	158,3950 mg	21,5503 g
Nicotinamide (vitamin B3)	54,0000 mg	7,3469 g
Glycerine	52,1744 mg	7,0986 g
White beeswax	42,5000 mg	5,7823 g
Soya Lecithin	25,0000 mg	3,4014 g
Water	23,3966 mg	3,1832 g
Calcium pantothenate	19,5650 mg	2,6619 g
D-a-tocopherol concentrate (vitamin E)	11,1760 mg	1,5205 g
Pyridoxine hydrochloride (vitamin B6)	7,2993 mg	0,9931 g
Thiamine mononitrate (vitamin B1)	5,1852 mg	0,7055 g
Riboflavin (vitamin B2)	4,8000 mg	0,6531 g
Iron oxide	0,6345 mg	0,0863 g
Biotin (B8)	0,4500 mg	0,0612 g
Folic Acid (B9)	0,4000 mg	0,0544 g
Cyanocobalamin (B12)	0,0030 mg	0,0004 g

Categorie: Vitamin B
Form: Capsule
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