




Vitamin B - Complex

USES & BENEFITS

Metabolism Support, Nervous system, Brain Function and Energy

NUTRITIONAL INFORMATION		
One tablet typically provides;		%NRV
Thiamin (B1)	1.1mg	100
Riboflavin (B2)	1.4mg	100
Niacin (B3)	16.0mg NE	100
Vitamin B6	1.4mg	100
Folic Acid (B9)	200.0µg	100
Vitamin B12	2.5µg	100
Pantothenic Acid (B5)	6.0mg	100

SUGGESTED USE	
Adults; Swallow one (1) tablet per day with food. Or As directed by your health professional or pharmacist	

VEGETRIAN	
YES	

Available SKUs	
30,60,90 tablets	

Vitameen - Vitamin B Complex is a blend of eight highly absorbable B vitamins in their active forms to help optimize important metabolic activities throughout the body.

B Complex Helps Convert Food Into Energy, Vitameen vegetable capsules provide the B Complex vitamins B1, B2, B3, B5, B6, B9 & B12 your body needs for the metabolism of carbohydrates, fats and proteins into energy in the supports of Cardiovascular And Nervous System Health

STORAGE INSTRUCTIONS

Store in a cool dry place, between **15°-25°** and relative humidity between **35-60%**

WARNING

Keep out of the reach of children. Consult with your physician before using this product if you are pregnant or lactating have a known medical condition or are taking medications.