

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*
Vitamin C	200mg	250
Thiamin (vitamin B1)	25mg	2273
Riboflavin (vitamin B2)	16.67mg	1191
-as riboflavin	15.1mg	
-as riboflavin-5-phosphate	1.57mg	
Niacin (vitamin B3)	25mg NE	156
-as nicotinamide	22.5mg	
-as nicotinic acid	2.5mg	
Vitamin B6	16.67mg	1191
-as pyridoxine hydrochloride	15.3mg	
-as pyridoxal-5-phosphate	1.37mg	
Folic acid	50µg	25
Vitamin B12	50µg	2000
Biotin	25µg	50
Pantothenic acid (vitamin B5)	50mg	833
Siberian Ginseng	50mg	
American Ginseng	20mg	
Korean Ginseng	20mg	

* NRV = Nutrient Reference Value

INGREDIENTS:

Natural lithothamnion calcarea; vitamin C (as ascorbic acid), pantothenic acid (as calcium-D-pantothenate), siberian ginseng†, cyanocobalamin, bulking agent: cellulose; thiamin hydrochloride, niacin (as nicotinamide), american ginseng†, korean ginseng†, vitamin B6 (as pyridoxine hydrochloride), riboflavin, anti-caking agent: magnesium stearate*; zein protein coating, anti-caking agent: silicon dioxide; niacin (as nicotinic acid), riboflavin (as riboflavin-5-phosphate), vitamin B6 (as pyridoxal-5-phosphate), folic acid, D-biotin. * (vegetarian source) † (herbs are dried and powdered)

Suitable for vegetarians and vegans. This product is not tested on animals.

higher nature.



B-VITAL FOR ENERGY PRODUCTION

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30
tablets**B-VITAL B COMPLEX & VIT C**

✓ Biotin, Vitamins B1, B2, B3, B5, B6, B12 & C contribute to normal energy production.

BVI030
108**DIRECTIONS:**

Take 1-3 tablets (children over 5 years, 1 tablet) a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING:

Not advisable if pregnant, breastfeeding or taking warfarin. B vitamins may turn urine bright yellow - this is normal. Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, wheat, yeast.



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BVI-010-01

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