

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*
Vitamin C	20mg	25
Thiamin (vitamin B1)	5mg	455
Riboflavin (vitamin B2)	5mg	357
Niacin (vitamin B3)	30mg NE	188
Vitamin B6	10mg	714
Folic acid	200µg	100
Vitamin B12	5µg	200
Biotin	300µg	600
Pantothenic acid (vitamin B5)	30mg	500
Choline	10mg	
Inositol	10mg	
PABA	10mg	
Citrus Bioflavonoids	8mg	

*NRV = Nutrient Reference Value

INGREDIENTS:

Proprietary mixture: magnesium chloride, niacinamide, calcium pantothenate, ascorbic acid, biotin, pyridoxine HCl, riboflavin, choline, inositol, PABA, thiamine HCl, folic acid, cyanocobalamin, with enzyme digested *S.cerevisiae* (with **soya**); natural Lithothamnion calcarea, magnesium citrate, anti-caking agent: stearic acid*; coating: methylcellulose (glycerine); anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; bulking agent: ethyl cellulose; natural vanilla flavour (agave syrup; flavour: vanilla extract; colour: caramel).
*(vegetarian source)

All True Food® nutrients also contain B vitamins, beta glucans, glutathione, choline, inositol, amino acids and other phytonutrients naturally found in fermented food cultures.

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, wheat

higher nature®

TRUEFOOD®

VITAMIN B COMPLEX

FOOD STATE NUTRITION

FOOD SUPPLEMENT

90
TABLETS

TRUE FOOD® VITAMIN B COMPLEX

Food State Nutrition - Nutrients provided in a true food form that your body recognises as food.

✓ Vitamins B2, B6 & B12 contribute to the reduction of tiredness and fatigue.

DIRECTIONS:

Adults and children over 8 years, take 1 tablet a day, with or between 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.

STORAGE:

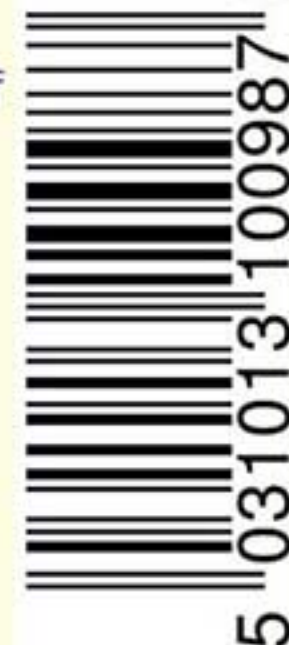
Store in a cool, dry, steam free environment out of reach of children.

Suitable for vegetarians and vegans.

This product is not tested on animals.

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