

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, vitamin B3, vitamin B5, vitamin C, biotin, vitamin B6, vitamin B2, choline, inositol, para-aminobenzoic acid, vitamin B1, folic acid, citrus bioflavonoids, vitamin B12, 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). (Allergens in **bold**)

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

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, wheat.

This product has not been tested on animals.

HIGHER NATURE®

EVERYDAY ESSENTIALS

VITAMIN B COMPLEX



90 tablets
vegetarian and vegan

VITAMIN B COMPLEX FOOD SUPPLEMENT - 90 TABLETS

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

DIRECTIONS: Adults and children 8 and over take 1 tablet a day with meals. 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 place out of reach of children.



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