

Sustained-release Super B-Complex™ provides high potency, full-spectrum B-vitamins in body-ready methylated forms for enhanced absorption and longer-lasting action. B-vitamins support normal energy-yielding metabolism and contribute to the reduction of tiredness and fatigue. Vitamin B1 supports normal heart function. Vitamin B5 contributes to the normal synthesis and metabolism of some neurotransmitters and supports mental performance. Vitamin B7 supports normal psychological function.

This product should not be used as a substitute for a balanced diet. Pregnant or lactating women should consult their doctor before taking any dietary supplement. Keep out of the reach of children and away from sunlight.

Free from: dairy, gluten, lactose, soya, yeast, artificial colors and flavors; not tested on animals; non-GMO.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Igennus Healthcare Nutrition, St John's Innovation Centre,
Cowley Road, Cambridge, CB4 0WS, UK. www.igennus.com
+44 (0)1223 421436. Distributed by: Pharmepa Inc.
7965 Silverton Ave, Suite 1302, San Diego, CA 92126, USA



igennus

HEALTHCARE NUTRITION

Super B-Complex™

High potency

Energy, mood & heart

METHYLATED
B-VITAMINS
& VITAMIN C

Dietary supplement



Supplement Facts

Serving size: 2 tablets - Servings per container: 30

Amount per serving	% DV
Vitamin C (as ascorbic acid & ascorbyl palmitate)	160 mg 176
Vitamin B1 (as thiamine hydrochloride)	20 mg 1667
Vitamin B2 (as riboflavin-5-phosphate)	14 mg 1077
Vitamin B3 (as nicotinamide)	48 mg 300
Vitamin B6 (as pyridoxal-5-phosphate)	20 mg 1176
Folate (as L-[6S]-5-Methyltetrahydrofolate)	667 mcg DFE** 167
Vitamin B12 (as methylcobalamin)	900 mcg 37,500
Vitamin B7 (as D-biotin)	300 mcg 1000
Vitamin B5 (calcium D-pantothenate)	36 mg 720

*Percent daily values are based on a 2,000 calorie diet.

**Dietary Folate Equivalents.

OTHER INGREDIENTS: Bulking agent: microcrystalline cellulose; gelling agent: hydroxypropyl methylcellulose; anticaking agent: bamboo silica; glazing agent: vegetable glycerol.

DIRECTIONS FOR USE: Adults should take 1 tablet twice daily. Children aged 7-16 years should take 1 tablet daily. For optimal results take with food. Do not exceed the daily dose.

60
tablets