



Swiss BioEnergetics

Vitamin B Complex Plus

Superior Methylated B-Vitamins
optimised for bioavailability
with added
Choline, PABA & Inositol



Food Supplement
45 Day Supply
90 Capsules

DIRECTIONS:

Adults take 1 capsule twice daily with food and water.
Do not exceed recommended daily dose.

PRODUCT INFORMATION:

2 capsules typically provide:

		%NRV*
Vitamin B1 (Thiamine hydrochloride)	20mg	1818
Vitamin B2 (Riboflavin-5-phosphate)	20mg	1428
Vitamin B3 (Nicotinamide)	50mg NE	650
Vitamin B5 (Calcium D pantothenate)	40mg	666
Vitamin B6 (Pyridoxal-5-phosphate)	10mg	714
Vitamin B7 (D-Biotin)	200µg	400
Vitamin B9, Folate (L-5-methyltetrahydrofolate)	200µg	100
Vitamin B12 (Methylcobalamin)	150µg	6000
Inositol	20mg	
Choline	20mg	
PABA	20mg	

*NRV = Nutrient Reference Value

Building Agent: Microcrystalline Cellulose, Capsule Shell Hydroxypropylmethylcellulose, Niacin (as Nicotinamide), Choline (Choline Bitartrate, Silica), Pantothenic Acid (as D-Calcium Pantothenate), Riboflavin (as Riboflavin 5 Phosphate Sodium), Thiamin (as Thiamin Hydrochloride), Inositol, Para-aminobenzoic acid, Vitamin B6 (as Pyridoxal-5-Phosphate), Anti-Caking Agents: (Magnesium Stearate, Silicon Dioxide), Folic Acid (as L-5-Methyltetrahydrofolate Calcium), Biotin (as D-Biotin), Vitamin B12 (as Methylcobalamin).

ALLERGY ADVICE:

Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials such as nuts, seeds, milk, egg, cereals containing gluten, soya, mustard, fish, crustaceans, sulphites, molluscs & lupin.

CAUTIONS:

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for children, pregnant or lactating women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool dry place, out of reach of children.

BEST BEFORE:

For best before end and batch number see base.

Manufactured in the UK to GMP code of practice for
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