



Vitamin B Complex forte Capsules

Nutritional supplement

Good to know:

The vitamins of the so-called vitamin B complex play an important role for a healthy organism. All B vitamins form a group that fulfil their metabolism tasks together. Because the body cannot produce them itself and cannot store very much, they should be added in sufficient quantity with nutrition.

Vitamin B Complex forte

- Vitamin B1, B2, B6, B12 for a healthy nervous system and normal psychic function
- Vitamin B2, B6, B12, niacin, folate, pantothenic acid towards the reduction of tiredness and fatigue
- Vitamin B2 for the retention of good eyesight
- Biotin for the retention of normal hair, skin and mucous membranes

Ingredients: Gelatin, Calcium-D-Pantothenate, Vitamin B2, Vitamin B1-Mononitrate, Niacin, Vitamin B6-Hydrochloride, separating agent Magnesium Stearate, Folic Acid, Vitamin B12, Biotin.

	per capsule (=daily dose)	% of the recommended daily dose according to NRV*
Vitamin B1	50 mg	4545
Vitamin B2	100 mg	7143
Niacin	30 mg	188
Vitamin B6	15 mg	1071
Vitamin B12	1000 µg	40000
Folic Acid	1000 µg	500
Biotin	1000 µg	2000
Pantothenic acid	100 mg	1667

*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

Recommended dose: swallow 1 capsule each day with sufficient liquid.

Biotin can have an effect on laboratory tests, please inform your doctor in this case. Not recommended for pregnant women.

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Contents 90 capsules = 57 g

Art.-no.: 9220

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