



## Vitamin B12 forte 1000µg tablets

Nutritional supplement

### Useful information:

Vitamin B12 (cobalamin) influences a series of fundamental metabolic processes in the body. As independent researchers for the European Authority for Food Safety (EFSA) have confirmed, vitamin B12 plays an important role, amongst other things for the healthy function of the brain and nervous systems, cell growth and cell division as well as the human energy metabolism. In addition, the vitamin supports the formation of red blood cells and the retention of an intact, strong immune system. Vitamin B12 contributes to normal neurological and physical functions and also to a reduction in fatigue and exhaustion.

Each tablet contains 1000 µg vitamin B12.

**Ingredients:** bulking agent Microcrystalline Cellulose, separating agents Magnesium Stearate, Silicon Dioxide; Vitamin B12.

|             | per tablet<br>(= daily dose) | % of NRV<br>recommended daily<br>dose* |
|-------------|------------------------------|----------------------------------------|
| Vitamin B12 | 1000 µg                      | 40000                                  |

\*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

**Recommended dose:** take 1 tablet per day with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Vegan

**Contents: 180 tablets = 38 g**

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