

Vitamin B-Complex, SynerPro

DIN 02010410, 120 tablets, Vitamin supplement, Stock No. 1773-8

The B-complex provides the body with B vitamins critical for maintaining healthy functioning of the nervous system and for reducing the effects of stress upon the body.

B-complex vitamins convert carbohydrates into glucose which the body "burns" to produce energy. These vitamins are also essential for the metabolism of fats and protein, and for the maintenance of muscle tone in the gastrointestinal tract, as well as healthy digestive function. B-complex vitamins even play a role in the health of the eyes, hair, liver, mouth and skin.

Did you know?

All the B-complex vitamins are water-soluble; therefore any excess is naturally excreted from the body, not stored, making continual replacement vital.

Cooking and refining foods easily destroys B vitamins. Alcohol, coffee or tea consumption, and heavy perspiration also result in the loss of certain B vitamins. Estrogen, insecticides, sleeping pills, and sulfa drugs create an environment in the digestive tract which can destroy B vitamins. Nervous individuals and those working under stress or tension may benefit significantly from higher-than-normal doses of B-complex vitamins.

NSP Advantage

120 tablets. Vitamin supplement with SynerPro concentrate.

Ingredients: 6.0 mg of vitamin B1 (thiamine mononitrate), 6.8 mg of vitamin B2 (riboflavine), 50.0 mg of vitamin B3 (niacinamide), 8.0 mg of vitamin B6 (pyridoxine hydrochloride), 0.4 mg of folic acid, 24 mcg of vitamin B12, 300 mcg of biotin, and 40 mg of pantothenic acid.

Other Ingredients: Dicalcium phosphate, cellulose, SynerPro Protector Blend (broccoli [*Brassica oleracea*] powder, turmeric [*Curcuma longa*] root, red beet [*Beta vulgaris*] root, rosemary [*Rosmarinus officinalis*] leaves, carrot [*Daucus carota*] root powder, tomato [*Solanum lycopersicum*] fruit powder, Chinese cabbage [*Brassica rapa*] leaves powder, watercress [*Nasturtium officinale*] leaves, cabbage [*Brassica oleracea capitata*] leaves powder, orange and grapefruit bioflavonoids, hesperidin), stearic acid. Yeast free formula.

Recommendation: Take 1 tablet daily with a meal. For therapeutic use.

Features & Benefits

- Vitamin B1 helps build blood and enhance circulation.
- Vitamin B2 helps memory function, and may help vision and eye fatigue
- Vitamin B3 improves circulation, and reduces cholesterol.
- Vitamin B6 maintains the balance between sodium and potassium.
- Folic acid, a brain food, lowers the risk of brain and neural tube birth defects, and increases immunity.
- Pantothenic acid, the "anti-stress vitamin", is vital for the adrenal glands.
- SynerPro concentrate prevents free radical damage, and increases immunity.