

Vitamin B-Complex

DIN 00455377, 120 tablets, Vitamin supplement, Stock No. 1723-7

Coeliac alert: This product contains gluten.

Nature's Sunshine Vitamin B-Complex is a formula for those who wish a multiple B vitamin supplement.

B vitamins function interdependently, thus making it important to take a B-complex supplement. Single B vitamin supplements can be added if necessary.

Nature's Sunshine's Vitamin B-Complex is free of yeast and contains no binders, fillers, starches or sugar.

Did you know?

The grouping of these water-soluble compounds under the term "B complex" is based upon their common source distribution, their close relationship in vegetable and animal tissues, and their functional relationships.²

NSP Advantage

120 tablets. Vitamin supplement.

Ingredients: 50 mcg of vitamin B12 (cyanocobalamin), 0.4 mg of folic acid, 0.1 mg of biotin, 5 mg of vitamin B1 (thiamine mononitrate), 6 mg of vitamin B2 (riboflavin), 9 mg of vitamin B6 (pyridoxine hydrochloride), 45 mg of pantothenic acid (calcium pantothenate), and 50 mg of niacinamide

Other Ingredients: dicalcium phosphate, cellulose, wheat germ flour, Duratex (hydrogenated cottonseed oil), inositol, para-aminobenzoic acid, choline bitartrate, magnesium stearate, rice bran polish, watercress (*Nasturtium officinale*) leaves, cabbage (*Brassica oleracea*) leaves powder, and wild lettuce (*Lactuca virosa*) leaves. Yeast free formula.

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

1. Balch, James F. & Phyllis A., *Prescription for Nutritional Healing*, Avery, 1998, page 33.

2. Dunne, Lavon J., *Nutritional Almanac*, McGraw-Hill, 1990, page 18.

Features & Benefits

- Helps convert carbohydrates into glucose, which the body burns to produce energy.
- Helps metabolize fats and protein.
- Promotes healthy digestive function.
- Helps maintain healthy functioning of the nervous system.
- May help reduce the effects of stress upon the body.
- Promotes healthy skin, hair, eyes, mouth, and liver.
- May help maintain muscle tone in the gastrointestinal tract.
- May help alleviate depression and anxiety, and prevent Alzheimer's disease.¹