

B COMPLEX

(High potency) Active Nutrient forms

Ingredients: Vitamin B1 (as thiamin Hcl), vitamin B5 (as calcium pantothenate), vitamin B2 (as Riboflavin), vitamin B6 (as P5P), vitamin C (as ascorbic acid), vitamin B3 (as nicotinamide), vitamin B12 (as methylcobalamin), folic acid (as 5-methyltetrahydrofolic acid), anti-caking agent (silicon dioxide), hydroxypropyl methylcellulose (capsule shell).

Recommended Intake: One capsule daily as a food supplement or as directed by a medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a balanced, varied diet and lifestyle. **Long term intake of 10mg or more of vitamin B6 may lead to mild tingling and numbness. Not suitable for pregnancy or lactating women.**

- Keep out of sight & reach of children
- Do not use if sealing strip is missing or broken
- Suitable for vegans & vegetarians
- **BEST BEFORE DATE:** see base of container
- Store in a cool, dry place

PRODUCT CODE: 4030



CYTOPLAN

B COMPLEX (HIGH POTENCY)

Active nutrient forms

Vitamins



VEGAN



VEGETARIAN

60 VEGAN CAPSULES

Food Supplement

Product Information:

60 capsules = 60 days supply

One capsule will provide on average:

Average Values:		%NRV
Vitamin B1	25mg	2272
Vitamin B2	30mg	2142
Vitamin B3 (as nicotinamide)	16mg	100
Vitamin B5	100mg	1666
Vitamin B6 (as P5P)	25mg	1785
Vitamin B12 (as methylcobalamin)	250µg	10000
Folic acid (as 5 MTHF)	25µg	12.5
Vitamin C	25mg	31

NRV = Nutrient Reference Value



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