

HIGH POTENCY B COMPLEX

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 (5-methyltetrahydrofolic acid), cellulose, silicon dioxide, hydroxypropyl methylcellulose (capsule shell).

RECOMMENDED INTAKE: 1 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 varied, balanced diet and lifestyle. **Long term daily use of 25mg of B6 may lead to mild tingling and numbness.**

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

PRODUCT CODE: V030

Nature's Own

Healthy Goodness

B VITAMINS

HIGH POTENCY B COMPLEX

active nutrient forms

FOOD SUPPLEMENT



60 VEGAN CAPSULES

PRODUCT INFORMATION:

60 CAPSULES = 60 DAYS SUPPLY

One capsule will provide on average:

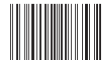
Average Values:		%NRV
Vitamin B1	25mg	2272
Vitamin B2	30mg	2142
Vitamin B3	16mg	100
Vitamin B5	100mg	1666
Vitamin B6 (as P5P)	25mg	1785
Vitamin B12	250µg	10000
(as methylcobalamin)		
Folic acid	25µg	12.5
(as 5 MTHF)		
Vitamin C	25mg	31

NRV = Nutrient Reference Value

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We guarantee this
product **FREE FROM:**
GMO, WHEAT, SOY,
DAIRY, ADDED SUGAR,
FLAVOURINGS &
COLOURINGS



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