

# Vitamin B-Complex

100 mg / Long Acting Formula



## DESCRIPTION

Vitamin B-Complex is a sustained release supplement that provides a full spectrum of the essential B-complex vitamins.

## FUNCTIONS

As coenzymes (biological compounds that help enzymes carry out chemical reactions), B-vitamins are essential nutrients involved in most metabolic reactions. They play an important role in energy production, particularly in the metabolism of carbohydrates, fats and proteins. These essential nutrients are also important for the production of healthy cells, hormones, neurotransmitters and other vital compounds. They are needed for healthy nerve, heart, brain, muscle and other important cell/tissue function. The B-vitamins are water-soluble, and therefore, not stored to any significant extent in the body. This is why we need to ensure adequate intakes of these nutrients on a daily basis. Due to the excess consumption of refined and processed foods, the average person does not consume optimal amounts of these nutrients. Vitamin B-Complex provides high amounts of these essential vitamins. The nutrients are in a sustained released tablet, which binds the nutrients in a special matrix to allow the slow release of B-vitamins over an extended period of time.

## INDICATIONS

Vitamin B-Complex may be a useful dietary supplement for those who wish to fortify their diet with B-vitamins and ensure optimal levels of these nutrients.

## SIDE EFFECTS

No adverse effects have been reported.

## FORMULA (WW #10153)

### 1 Tablet Contains:

Vitamin B-1 (as thiamine HCl).....	100 mg
Vitamin B-2 (as riboflavin).....	100 mg
Niacin (as niacinamide).....	100 mg
Vitamin B-6 (as pyridoxine HCl).....	100 mg
Folic Acid.....	400 mcg
Vitamin B-12 (as cyanocobalamin).....	100 mcg
Biotin.....	100 mcg
Pantothenic Acid (as calcium pantothenate).....	100 mg
Para Aminobenzoic Acid.....	100 mg
Choline (as bitartrate).....	40 mg
Inositol.....	100 mg
Other Ingredients: rice bran, alfalfa, parsley, watercress, (May contain one or more of the following: magnesium stearate, cellulose, vegetable stearin, dicalcium phosphate, silica, vegetable gum, and natural vanilla powder).	

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, soy, preservatives, artificial colors or flavors.

## SUGGESTED USE

Adults take one (1) tablet daily with meals or as directed by a healthcare professional.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

- Groff, J and S. Gropper. Advanced Nutrition and Human Metabolism, 3rd Ed. Belmont, CA: Wadsworth; 2006.
- Combs, Jr., G. F.(1998). The vitamins: Fundamental aspects in nutrition and health. Academic Press: San Diego, CA.

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