

Vitamin B-50 Complex

Presentation

A clear coated yellow speckled oval tablet.

Each tablet delivers:

Thiamin (Vitamin B1)	50mg	Biotin	50µg
Riboflavin (Vitamin B2)	50mg	Pantothenic Acid	50mg
Niacin (Vitamin B3)	50mg	(Vitamin B5)	
Vitamin B6	5mg	Myo-Inositol	50mg
Folic Acid	400µg	Choline Bitartrate	50mg
Methylcobalamin	50µg	PABA	15mg
(Vitamin B12)			

Tableted with:

Cellulose, Anti-caking Agents (Stearic Acid, Silicon Dioxide, Magnesium Stearate),
Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60 & 250

type
tablets

code
8029



Uses

Almost every process in the body requires B vitamins. They are needed for the release of energy from food, for a healthy nervous system and they help keep our digestive system working smoothly. They are also needed for healthy skin, hair and nails.

The functions of the B vitamins are synergistic so a deficient intake of one or more of them may cause deficiencies in the others by hindering their utilisation. Consequently, most practitioners prefer to give a B Complex (either on its own or in combination with some of the single B vitamins) when supplementation is long-term.

Lamberts® Vitamin B-50 Complex is a high potency, comprehensive complex of the important B vitamin group. Unlike some high street products, our B-50 Complex contains myo-inositol and the 'brainfood' choline.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

Taking this product may occasionally result in a darker yellow colouration of the urine, which is harmless.

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

