

# VITAMIN B COMPLEX

## Plus Vitamin C & Magnesium

V112



This Food State supplement contains all the essential B vitamins at around 100% of the NRV plus additional nutrients including vitamin C, magnesium, choline, inositol and PABA.

- As a Food State product the nutrients are gentle and optimally effective.
- Vitamin C is included in the formula because it prevents the oxidation of B vitamins.
- The mineral magnesium works with B vitamins to support the nervous system.
- Choline serves as a coenzyme in the metabolism of the B vitamins.
- Includes the B-complex nutrient inositol as it is closely involved with vitamins B6, folic acid, pantothenic acid and PABA - and their metabolic pathways.
- Contains folate from food and we have labelled it as containing folic acid. However, this is not isolated folic acid (a monoglutamate). It is a food form of the vitamin (i.e. a polyglutamate).

### Product Information:

50 tablets = 50 days supply

### Permitted Health Claims:

Please refer to pages 46-53

### Suitable for:

Men and women

### Form:

Tablet



## Vitamin B Complex

1 tablet provides on average:

Active Nutrient	Strength	%NRV+
Vitamin C	60mg	75
Thiamin (B1)	1.4mg	127
Riboflavin (B2)	1.6mg	114
Niacin (B3) (as Niacinamide)	18mg	112
Vitamin B6 as P5P	2mg	143
Folic acid	200µg	100
Vitamin B12	1µg	40
Biotin	50µg	100
Pantothenic acid	6mg	100
Magnesium	30mg	8
Inositol	25mg	*
Choline	25mg	*
Para-aminobenzoic-acid	25mg	*

+NRV = Nutrient Reference Value

\* Indicates no NRV

**Ingredients:** Vitamin C incorporated in citrus pulp, inactivated *Lactobacillus bulgaricus* combined with magnesium citrate, inositol, niacin, pantothenic acid, vitamin B6, riboflavin, thiamin, and vitamin B12 (as cyanocobalamin), choline, biotin (combined in corn meal concentrate), vegetable stearic acid, folic acid (complexed in alfalfa), hydroxypropyl methylcellulose (tablet coating).

**Suggested Intake:** 1 tablet daily as a food supplement or as directed by a practitioner.

**Allergen Advice:** None.

**Contraindications:** None.

**Storage:** Keep cool, dry & out of direct sunlight.

