

Vitamin B-100 Complex

Presentation

A clear coated yellow/white speckled oval tablet.

Each tablet delivers:

Thiamin (Vitamin B1)	100mg
Riboflavin (Vitamin B2)	100mg
Niacin (as Nicotinamide)	100mg
Pyridoxine (Vitamin B6)	10mg
Folic Acid	400µg
Methylcobalamin (Vitamin B12)	100µg
Biotin	100µg
Pantothenic Acid (Vitamin B5)	100mg
Choline Bitartrate	100mg
Myo-Inositol	100mg
PABA	30mg

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60 & 200

type
tablets

code
8032



Uses

This is a high strength product that is useful in situations where someone requires a fast improvement in their intake of B vitamins due to a very high requirement or because their diet has been very deficient.

In most situations this product should be used for short term supplementation, typically 2 months, after which time the B-50 complex will provide adequate levels of the B vitamins (see previous page).

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.

