

# Super B-Complex + Biotin

## Food supplement

for an optimal supply of all 8 B-vitamins.

Nutritional facts	per 1 capsule*
Vitamin B1	40 mg (3636 %**)
Vitamin B2	50 mg (3571 %**)
Niacin	100 mg (625 %**)
Pantothenic acid	40 mg (667 %**)
Vitamin B6	15 mg (1071 %**)
Biotin	250 µg (500 %**)
Folic acid	400 µg (200 %**)
Vitamin B12	100 µg (4000 %**)



\* Recommended daily intake

\*\* reference values in accordance with LMIV

## Ingredients:

Nicotinamide (niacin), hydroxypropyl methyl cellulose (capsule), riboflavin (vitamin B2), thiamine hydrochloride (vitamin B1), D-calcium pantothenate (pantothenic acid), bulking agent: microcrystalline cellulose, pyridoxine hydrochloride (vitamin B6), antioxidant: ascorbyl palmitate, D-biotin, folic acid, methylcobalamin hydrate (vitamin B12).

## Notice:

The recommended daily intake indicated should not be exceeded. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. Keep out of the reach of children.

## Store:

Store well closed in a cool, dry place.

## Directions for use:

Take 1 capsule daily with a main meal and with sufficient water, do not chew.

Packaging size	PZN	Product number	Net quantity
90 capsules	14327868	10082	e 43 g