

Vitamin B Komplex + Biotin

Food supplement

with B-group vitamins in vegan capsules.

Nutritional facts	per 1 capsule*
Vitamin B1	4,67 mg (424% **)
Vitamin B2	5,31 mg (379% **)
Niacin	48,3 mg (302% **)
Pantothenic acid	20,47 mg (341% **)
Vitamin B6	6,65 mg (475% **)
Biotin	144 µg (288% **)
Folic acid	632 µg (316% **)
Vitamin B12	3,19 µg (127% **)



* Recommended daily intake
 ** of the nutrient reference value (NRV).

Ingredients:

Bulking agent: Microcrystalline cellulose, nicotinamide (niacin), hydroxypropyl methyl cellulose (capsule), d-calcium pantothenate (pantothenic acid), pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), antioxidant: Ascorbyl palmitate, folic acid, cyanocobalamin (vitamin B12), biotin.

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 sufficient water before a main meal, do not chew.

Packaging size	PZN	Product number	Net quantity
90 capsules	10141902	12632	e 17,5 g