



CHEMICALS AND
PHARMACEUTICALS
FREIBURG

VITAMINE & MINERALIEN

B-Complex 100 %

What are B-Vitamins?

B vitamins occur naturally mainly in products of animal origin and can be stored almost completely by the body in comparison to water-soluble vitamins.

B vitamins are particularly important for athletes because B vitamins are involved in the regulation of the carbohydrate, fat and energy metabolism and furthermore enhance protein synthesis (Protein absorption)





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Benefits of B-Complex 100%

- _ 100% Daily Requirement of all B Vitamins,
- _ Including Biotin and Folic Acid
- _ Small, Easy to Swallow Tablets
- _ Suitable for Vegans/Vegetarians
- _ Optimizes Nutrient Intake
- _ Vegan

Ingredients

filler: (Dicalcium Phosphate, Microcrystalline Cellulose), Vitamin B3 (Niacin), Vitamin B5 (Dicalcium Pantothenate), release agent: (Magnesium salts of fatty acids E572), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamine Mononitrate), Vitamin B12 (Cyanocobalamin), Vitamin B9 (Folic Acid), Vitamin B7 (Biotin).

Consuming Recommendation

1 Tablette mit ausreichend Flüssigkeit 1–2 Mal täglich.
Empfohlene Verzehrmenge nicht überschreiten.

Content

90 Tablets
(à 0,28g = 24.75g) e
DIETARY SUPPLEMENT

Composition

Composition (Active Ingredient)	Per 1 tablet (daily dosage)	RDA%*
Vitamin B3 (Niacin)	16 mg	100 %
Vitamin B5 (Pantothenic Acid)	6 mg	100 %
Vitamin B6 (Pyridoxine Hydrochloride)	1,4 mg	100 %
Vitamin B1 (Thiamine)	1,1 mg	100 %
Vitamin B2 (Riboflavin)	1,4 mg	100 %
Vitamin B12 (Cyanocobalamin)	2,5 mcg	100 %
Vitamin B9 (Folic Acid)	200 mcg	100 %
Vitamin B7 (Biotin)	50 mcg	100 %

*RDA: percentage of the recommended daily dosage according to Annex 13 of Regulation VO (EU) 1169/2011 (LMIV).

Storage Instructions

- _ Store in a cool & dry place.
- _ Keep away from direct sunlight.
- _ Keep out of reach of children.
- _ This product is a dietary supplement and not for medical use.
- _ This product is not intended to diagnose, treat, cure or prevent any disease.