



B Complex Sprays

(20ml Spray Bottle)



Benefits(1)

(EFSA-approved claims in italics)

A vitamin B-complex.

B-vitamins contribute to normal energy-yielding metabolism.

B-vitamins contribute to normal psychological function.

B-vitamins play a part in the normal function of the heart.

B-vitamins contribute to the nervous system's normal functioning, and pantothenic acid contributes to normal mental performance.

B-vitamins contribute to the reduction of tiredness and fatigue.

B-vitamins contribute to normal red blood cell formation and normal homocysteine metabolism with Riboflavin, contributing to iron's normal metabolism.

B-vitamins contribute to the maintenance of normal mucous membranes.

B-vitamins contribute to the maintenance of normal skin.

Directions for use / Dosage

Take 4 sprays per day (total 154 full sprays)
(Equivalent to a 35-day dosage)

Packaging

20ml Amber Glass, with a Black atomiser and a transparent cap.

Active Ingredients

Per 4 sprays			
Ingredient	Label claim		%NRV*
Vitamin B1 (Thiamin)	2.2	mg	100
Vitamin B2 (Riboflavin)	2.8	mg	100
Vitamin B3 (Niacin)	32	mg	100
Vitamin B5 (Pantothenic acid)	12	mg	100
Vitamin B6 (Pyridoxine)	2.8	mg	100
Vitamin B7 (Biotin)	8000	µg	100
Vitamin B9 (Folic Acid)	5	µg	100

*Nutrient Reference Value (EU) 1169/2011



(1)Please note this information is intended as a guide only and is not legally binding. It is the customer's responsibility to ensure regulatory compliance in the country of sale.