



Vitum



B-Vitum complex



- diet supplement
- 60 tablets
- 1 tablet a day

- small and easy to swallow tablet
- recommended for adults to supplement their diet with B vitamins

B-Vitum complex, 60 tab

Vitamin B6, B12, B1, B3 and biotin contribute to the maintenance of proper energy metabolism, help in the proper functioning of the nervous system and help maintain proper psychological functions.

Folates, vitamin B3, B2, B6 and B12 as well as pantothenic acid contribute to the reduction of tiredness and weariness.

Folates, vitamin B6 and vitamin B12 help maintain the proper metabolism of homocysteine.

In addition, Biotin and vitamins B2 and B3 help maintain healthy skin and help maintain the proper condition of the mucous membranes.

Application

The preparation is recommended for adults to supplement their diet with B vitamins.

Recommended use

Adults – 1 tablet daily.

Do not exceed the recommended daily dose. Dietary supplements cannot be used as a substitute (replacement) for a varied diet. Maintaining proper health requires a balanced diet and a healthy lifestyle.

Daily dose – 1 tablet – contains:

- Vitamin B1 – Thiamine 10 mg (90%*)
- Vitamin B2 – Riboflavin 8 mg (57%*)
- Vitamin B5 – Pantothenic acid 10 mg (16%*)
- Vitamin B3 – Niacin 10 mg (63%*)
- Vitamin B4 – Choline 10 mg
- Vitamin B6 – 3,6 mg (25%*)
- Vitamin B12 – 20 µg (800%*)
- Vitamin B7 – Biotin 100 µg (200%*)
- Vitamin B9 – Folic acid 80 µg (40%*)

*of nutrient reference value

Ingredients

Bulking agent: cellulose, thiamine mononitrate (thiamine), nicotinic acid amide (niacin), calcium D-pantothenate (pantothenic acid), choline bitartrate (choline), riboflavin, anti-caking agent: magnesium salts of fatty acids, pyridoxine hydrochloride (vitamin B6), anti-caking agent: silicon dioxide, D-biotin (biotin), pteroylmonoglutamic acid (folic acid), cyanocobalamin (vitamin B12).

Storage

Store at room temperature, in a dry and dark place. Dietary supplements should be stored out of the reach of small children.

Pack:

- 60 tablets

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