



Advanced Vitamin B Complex

ONE A DAY

Food Supplement
with Magnesium and L-Glycine

High Potency
30 Vegetarian Capsules

Manufactured in England.
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Advanced Vitamin B Complex Food Supplement

This superior blend contains three forms of magnesium with enzymes to assist in the appropriate distribution of the nutrients.

INGREDIENTS: One (1) vegetarian capsule provides: %ECRDA

		%ECRDA		%ECRDA
Vegetable Cellulose capsule	100mg		Vitamin B6 Pyridoxine HCL	25mg 1785
Vitamin B1 Thiamin HCL	50mg	4545	Horsetail 5:1 (7% Silica)	10mg
Vitamin B2 Riboflavin	50mg	3571	Lipase	10mg
Vitamin B3 Nicotinamide	50mg	312	Amylase	5mg
Vitamin B5 Calcium pantothenate	50mg	833	Protease	5mg
Magnesium (Ascorbate)	50mg	13.33	Vitamin B6 (Pyridoxal-5-phosphate)	5mg 357
Providing ascorbic acid (Vitamin C)	42.5mg	53.1	Magnesium (Amino acid chelate)	4mg 1.0
Magnesium	7.5mg	2.0	Magnesium (Gluconate)	510µg 0.13
Choline Bitartrate	30mg		Folic acid (Folacin)	400µg 200
L-Glycine	30mg		Biotin pure	50µg 100
Inositol	30mg		Vitamin B12 Cyanocobalamin	25µg 1000
PABA (Para Aminobenzoic Acid)	30mg			

ECRDA – European Community Recommended Daily Allowance. Suitable for Vegetarians and Vegans. Hypoallergenic formula 100% active ingredients.

Contains NO: gluten, wheat, lactose, dairy, added sugars, added salt, preservative, colourings, yeast or starch.

Directions for use: As a food supplement for adults, not intended to treat any medical condition. Take one (1) vegetarian capsule daily with food or as directed by a healthcare professional. Tamper resistant outer and cap seal for your added security. Do not use if either are broken. Freshness and potency assured if stored in a cool dry place. Keep out of sight and reach of children. Not for use during pregnancy or lactation, unless directed by a healthcare professional.