

# Vitamin B Komplex + Biotin

## Food supplement

B group vitamins in vegetarian capsules.

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



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

## Ingredients:

Bulking agent: Microcrystalline cellulose, nicotinamide (niacin), separating agent: Magnesium salts of edible fatty acids (plant-based), hydroxypropylmethylcellulose (capsule), D-calcium pantothenate (pantothenic acid), pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), 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 21 g       |