

# Vitamin B-Complex

## Replenish Your B Vitamins Daily

Many different vitamin B compounds are grouped under the name B-complex. These vitamins are easily lost from foods in refining and cooking. They can also be washed from the body by coffee, tea, alcohol and heavy perspiration. Physically stressful conditions can also deplete the body of B vitamins. So it is essential to replenish your supply.



B-vitamins are particularly important for the nervous system and are vital for good digestive function and enzyme reactions that control energy, circulation, hormones and overall health. Their actions are interdependent, so for maximum efficiency, you should take the entire complex at the same time.

### BENEFITS

- Supports nervous system functions.
- Aids in digestive functions.
- Enhances enzyme reactions controlling energy, circulation, hormones and overall health.

### NSP ADVANTAGE

The vitamins in Nature's Sunshine's B-complex are found in a unique base of acerola fruit extract, lemon bioflavonoids, PABA, rose hips concentrate, rutin and wheat germ. These nutrients work synergistically with B-complex vitamins to help the body achieve maximum benefits.

### INGREDIENTS

	Amount per Capsule	%DV
Vitamin B <sub>1</sub> (thiamine)	33 mg	2,200
Vitamin B <sub>2</sub> (riboflavin)	33 mg	1,940
Niacinamide (B <sub>3</sub> )	33 mg	165
Vitamin B <sub>6</sub> (pyridoxine)	33 mg	1,650
Folic Acid	133 mcg	30
Vitamin B <sub>12</sub>	.33 mg	550
Biotin	100 mcg	30
Pantothenic Acid	33 mg	330
Choline (bitartrate)	33 mg	*
Inositol	33 mg	*

\*Daily Value not established

### RECOMMENDED USE

Take 1 capsule with a meal three times daily.

### COMPLEMENTARY PRODUCTS

- **Nutritional:** SAM-e, Stress-J, Cellular Energy, Adrenal Support.
- **Homeopathics:** Depressaqueel®, Distress Remedy, Fatigue/Exhaustion, Nervousness.
- **Essential Oils:** Lavender Fine AOC, Rose Bulgaria, Chamomile (Roman).

Vitamin B-Complex (100 Capsules)  
Stock No. 1778-9



Contact your local NSP Herb Specialist: