

# Vitamin B Complex

## Advanced Vitamin B Complex

Food Supplement  
with Magnesium  
& L-Glycine

High Potency

60 Vegetarian Capsules



### Advanced Vitamin B Complex

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

Ingredients	One (1) vegetarian capsule provides:	%ECRDA
Vegetable Cellulose capsule	100mg	
Vitamin B1 (thiamin HCL)	50mg	3571%
Vitamin B2 (riboflavin)	50mg	3125%
Vitamin B3 (nicotinamide)	50mg	277%
Vitamin B5 (calcium pantothenate)	50mg	833%
Magnesium (ascorbate)	50mg	83.3%
Providing ascorbic acid (vitamin C)	42.5mg	
Magnesium	7.5mg	
Choline Bitartrate	30mg	
L-Glycine	30mg	
Inositol	30mg	
PABA (para amino benzoic acid)	30mg	
Vitamin B6 (pyridoxine HCL)	25mg	1250%
Lipase	10mg	
Silica (dioxide)	10mg	
Amylase	5mg	
Protease	5mg	
Vitamin B6 (pyridoxal-5-phosphate)	5mg	250%
Magnesium (amino acid chelate)	4mg	1.3%
Magnesium (Gluconate)	510µg	0.17%
Folic acid (folacin)	400µg	200%
Biotin pure	50µg	33.33%
Vitamin B12 (cyanocobalamin)	25µg	2500%

Suitable for Vegetarians and Vegans

Hypoallergenic formula 100% active ingredients.

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

### Directions for use

As-a food supplement for adults, take one (1) vegetarian capsule daily with food or as directed by a health care 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 health care professional.

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