



VITAMINS & SUPPLEMENTS

## Vitamin B Complex - OAD

A blend of eight water-soluble B Vitamins to help maintain general good health and vitality. Provides Thiamin, Riboflavin, Niacin and Biotin to help maintain normal energy yielding metabolism plus Pantothenic Acid and Folic Acid to help reduce tiredness and fatigue together with Vitamins B6 and B12 to help support normal immune system function.



Code	Product	Strength	Type	Unit Size	Case Size
VP095	Vitamin B Complex	OAD	Tablets	60's	1 x 6

Each tablet provides:		% NRV*	Each tablet provides:		% NRV*
Thiamin	1.1mg	100	Pantothenic Acid	6mg	100
Riboflavin	1.4mg	100	Vitamin B12	2.5µg	100
Niacin	16mg NE	100	Folic Acid	200µg	100
Vitamin B6	1.4mg	100	Biotin	50µg	100

\*Nutrient Reference Value



Free from sugar, gluten, yeast, artificial flavours, colours and preservatives.