

B-Komplex



Content

100 Piece / Tablets
PZN 3893754
RRP 25,90 €



Recommended intake

1 tablet / day



without

artificial flavorings, artificial conservation, artificial colorants, genetic engineering



free of

granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

WHAT NERVES NEED.

Burgerstein B-Complex contains all eight B vitamins as well as vitamin C and magnesium and can be taken regularly and long-term - preferably on an empty stomach for optimal absorption.

Who doesn't know the unpleasant feeling of being under high tension - there are truly better things! But such times, when energy and nerves are stressed, this often cannot be avoided completely. Do your body some good with Burgerstein B-Complex.

The B vitamins as well as vitamin C and magnesium are important for numerous metabolic processes - they are involved in the normal functioning of the nervous system as well as the energy metabolism and help to reduce tiredness and fatigue.

Vitamin B complex is truly real nerve food. Vitamins B1, B6 and B12 are particularly effective. They are involved in nerve regeneration and growth, but also in excitation conduction, i.e. nerve function.

The product is suitable for vegans and vegetarians.

Burgerstein B-Komplex supports...

- **for all adults and teenagers from 13 years**
- **for the nerves**
B vitamins contribute to the normal functioning of the nervous system
- **for the energy metabolism**
B vitamins and vitamin C contribute to a normal energy metabolism
- **for fatigue and tiredness**
Magnesium and vitamin B12 help to reduce fatigue and tiredness
- **for the mental function (e.g. motivation) and mental performance**
Biotin contributes to a normal mental function and pantothenic acid supports normal mental capacity
- **for blood formation**
Folate/folic acid contributes to a normal blood formation and vitamins B12, B6 and B2 to a normal formation of red blood cells
- **for the skin and mucous membranes**
Niacin and vitamin B2 contribute to normal skin and mucous membranes

The "fantastic 8"

B vitamins - of which there are 8 different, all are water-soluble - means that they are usually hardly stored by the body. Therefore, a regular or even daily intake of the B vitamins is recommended.

The eight B vitamins are called:

- Thiamine (B1)
- Riboflavin (B2)
- Niacin (B3)
- Pantothenic acid (B5)
- Pyridoxine (B6)
- Biotin (B7)
- Folic acid (B9)
- Cobalamin (B12)

The B vitamins have many talents, but they complement each other in a variety of vital processes in the body, among others. Therefore, a steady, balanced intake of all 8 is recommended. Their numbering is not continuous. This is due to the fact that over time it was found out for some substances, which were originally called B vitamins, that they do not have vitamin character. Vitamins B1, B2, B3, B5, B6, B7 and B12 contribute to normal energy metabolism. Vitamins B2, B3, B5, B6, B9 and B12 contribute to the reduction of fatigue and vitamin B5 to the normal functioning of mental performance.

Foods high in vitamin B are legumes, animal products such as meat and fish, green vegetables and cereals, including especially whole grains.



Nutritional values	Per daily portion (1 tablet)	NRV*
Vitamin B1 (thiamine)	3,30 mg	300%
Vitamin B2 (riboflavin)	4,20 mg	300%
Vitamin B6 (pyridoxine)	4,20 mg	300%
Vitamin B12 (cobalamin)	20,00 µg	800%
Biotin (B7/H)	150,00 µg	300%
Folic acid (B9)	400,00 µg	200%
Niacin (B3)	48,00 mg	300%
Pantothenic acid (B5)	18,00 mg	300%
Vitamin C	120,00 mg	150%
Magnesium	60,00 mg	16%
Choline	50,00 mg	-

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: Fillers (cellulose, hydroxypropyl cellulose, hydroxypropyl methyl cellulose), vitamin C, magnesium (magnesium oxide, magnesium citrate), choline bitartrate, niacinamide, anti-caking agents (mono- and diglycerides of fatty acids, silicon dioxide, magnesium salts of fatty acids), coating agents (modified starch, titanium dioxide, hydroxypropyl cellulose, sodium citrate), calcium pantothenate, biotin, vitamin B6 (pyridoxine hydrochloride), colorants (iron oxides), vitamin B1 (thiamine hydrochloride), vitamin B2 (riboflavin), vitamin B12 (cyanocobalamin), folic acid (pteroylglutamic acid).

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.