Vitamin B-Complex
From brewer's yeast

100% NRVs of vitamins in the group B

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<th>500 mg / 30 capsules</th>
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<td>19,00 €</td>
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PRINCIPAL INDICATIONS:
Deficiencies, Emotional balance, Energy (fatigue)

Brewer’s yeast (Saccharomyces cerevisiae) is a nutritional supplement rich in vitamins, amino acids and essential minerals that has multiple positive effects on our bodies.

Our Lalmin® B-Complex Vitamins, an inactive dry brewer’s yeast, is a natural source of B-group vitamins that provides 100% of the NRVs* of vitamins in this group.

B-group vitamins are needed for the body to function properly. They contribute to energy and iron metabolism and help combat tiredness and fatigue.

*NRVs: Nutrient Reference Values.

Health claims

Pantothenic Acid, folate, niacin, riboflavin and vitamin B6 contribute to the reduction of tiredness and fatigue. Biotin, niacin, riboflavin, thiamine and vitamin B6 contribute to normal energy-yielding metabolism. Riboflavin contributes to the normal metabolism of iron.

Composition

INGREDIENTS:
In 1 capsule: 500 mg brewer's yeast (Lalmin® B-complex Vitamins) (Saccharomyces cerevisiae) (1.1 mg vitamin B1 (Thiamin hydrochloride) (100% NRVs*), 1.6 mg vitamin B2 (Riboflavin) (100% NRVs), 16 mg niacin (Nicotinic acid) (100% NRVs), 1.4 mg vitamin B6 (Pyridoxine hydrochloride) (100% NRVs), 6 mg pantothenic acid (D-pantothenate, NRVs).
*NRVs: Nutrient Reference Values.

Other ingredients:

Potato starch, vegetable-based capsule: hydroxypropyl methylcellulose.

ALLERGENS:
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

FABRICATION AND GUARANTEE:
This dietary supplement is manufactured by a GMP-compliant laboratory. GMPs are the Good Manufacturing Practice guidelines for the European pharmaceutical industry. Their active principle content is guaranteed through regular tests, which can be viewed online.

Use

DIRECTIONS:
1 capsule a day, with half a glass of water at mealtime.

WARNINGS:
Not recommended if pregnant or lactating women. Do not exceed the recommended daily dose.

ADVICES:
Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

STORAGE INSTRUCTIONS:
Store in a cool dry place away from sunlight.

Detailed information

A nutritional supplement is recommended for enhancing physical and mental performance, combating fatigue and tiredness, and for special nutritional needs such as growth, stress, or vitamin and nutrient deficiency.

Vitamins are organic substances the body needs for growth and to function well, and are obtained through food. Each vitamin has a specific function and a vitamin deficiency can cause illness.

Brewer’s yeast (\textit{Saccharomyces cerevisiae}) is recommended as a supplement due to its many positive effects on our body. It is a vitamin-rich food supplement with anti-anaemic, digestive, purifying and anti-bacterial qualities. Its main components include carbohydrates, lipids, amino acids and digestive enzymes, essential minerals (phosphorus and potassium), glucans and mannans; as well as B-Complex vitamins, pro-vitamin D2 and E.

Our inactive dry brewer’s yeast (Lalmin® B-Complex Vitamins) is a natural alternative to B-group vitamin synthesis complexes. During the manufacturing process, it is balanced with specific levels of B vitamins, allowing them to interact with the cellular components of yeast, providing 100% of NRVs (Nutrient Reference Values) of B-group vitamins, as well as offering all the beneficial nutrients of yeast.

B-group vitamins are needed for the body to function properly, and this complex includes thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B8), folic acid (B9) and cobalamin (B12). These vitamins are recommended for combating fatigue and improving physical performance. They help to metabolise energy and iron, to make red blood cells, protect cells against oxidative damage, assist with cell growth, the normal functioning of the nervous system and the immune system, regulate hormone activity and reduce tiredness and fatigue.