Maxi-B Complex

Delivering a blend of readily assimilated B vitamins

**Delivering a wide spectrum of B Vitamin** ingredients including vitamin B-6 in the form of P-5-P. This allergen-free formula is suitable for consumption by vegans.





Quantity: 60

(30-60 days' supply)

Type: Capsules Code: CH018

% NRV

Actual capsule size:



SUITABLE FOR: VEGANS 🗸

## Ingredients per capsule:

Choline (as bitartrate)	60mg	-
Hydroxyproply Methylcellulose (caps	ule shell)	_
Pantothenic acid	60mg	1000%
(as Calcium Pantothenate)		
Inositol	60mg	-
Niacin (as Nicotinamide)	50mg N	VE 312%
Vitamin B6 (as Pyridoxal-5-phosphate	e) 30mg	2143%
Vitamin C (as Ascorbyl Palmitate)	12mg	15%
Para Benzoic Acid (PABA)	25mg	-
Vitamin B1 (as Thiamine Hydrochloric	de) 12mg	1091%
Vitamin B2 (as Riboflavin)	12mg	857%
Folic acid (folate: as Calcium L-methylfolate) 100µg		50%
Biotin	100µg	200%
Vitamin B12 (as Methylcobalmin)	30µg	1200%

% NRV = Nutrient Reference Value

Allergen information: Free from allergens.

Suitable for vegans and many of those on a restricted diet.







Take 1-2 capsules daily or as directed by your chosen adviser.

Store in a cool, dry environment and out of direct sunlight.

## Cautions:

Do not exceed the stated recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Keep out of the reach of children.





