

## Ingredients per capsule:

		%EC	NRV
Choline (as bitartrate)	60mg	-	-
Hydroxypropyl Methylcellulose (capsule shell)		-	-
Pantothenic acid (as Calcium Pantothenate)	60mg	1000%	-
Inositol	60mg	-	-
Niacin (as Nicotinamide)	50mg NE	312%	-
Vitamin B6 (as Pyridoxal-5-phosphate)	30mg	2143%	-
Vitamin C (as Ascorbyl Palmitate)	12mg	15%	-
Para Benzoic Acid (PABA)	25mg	-	-
Vitamin B1 (as Thiamine Hydrochloride)	12mg	1091%	-
Vitamin B2 (as Riboflavin)	12mg	857%	-
Folic Acid	100µg	50%	-
Biotin	100µg	200%	-
Vitamin B12 (as Cyanocobalamin)	30µg	1200%	-

%EC NRV = Nutrient Reference Value.

**A Vegan Society Registered product.**

**Allergen information:** Allergen free.

**PRODUCT CODE: CH018**

# conella Maxi-B Complex

Delivering a blend of readily  
assimilated B vitamins

60 capsules



## Directions for use:

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

## Best before and batch no:

See base for full details.

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

## A food supplement:

60 capsules – 30-60 day's supply.

**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. Long term supplementation of levels in excess of 10mg of vitamin B6 may lead to mild tingling and numbness in sensitive individuals.

**Keep out of the reach of children.**

**TO PLACE AN ORDER:** [www.conellaholdings.com](http://www.conellaholdings.com) or call toll free on 0800-326-5575. After Sales Support [info@conellaholdings.com](mailto:info@conellaholdings.com) or call 03333703256. Conella Holdings Ltd, PO Box 247, Exmouth, EX8 9DL.



**A Food Supplement**