

## HealthAid Vitamin B Complex Supreme 30 capsules



Dietary supplement

Rating: Not Rated Yet

**Price**

USD12.00

USD13.33

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Manufacturer [HealthAid](#)

Description

**Description:**

Vitamin B Complex, together with associated nutrients, plays a key role in the body's vital metabolism. It contributes to the maintenance of healthy nervous, digestive system and skin.

**What Are Vitamin B Complex Capsules For?**

- Vitamin B1 contributes to the metabolism of proteins and fats
- Vitamin B2 contributes to normal energy-yielding metabolism and the maintenance of normal mucous membranes
- Niacin contributes to normal functioning of the nervous system and normal psychological function
- Vitamin B12 contributes to normal red blood cell formation, reduction of tiredness and fatigue and the maintenance of normal immunefunction
- Pantothenic acid promotes a large number of metabolic reactions essential for growth and well-being
- Biotin contributes to the maintenance of normal skin and hair
- Vitamin C has been added to provide antioxidant protection for the water-based tissues of the body and to help stimulate the immune system

-Choline & Inositol contribute to normal macronutrient and lipid metabolism and the maintenance of normal liver function

### **When Should I Take Vitamin B Complex Supreme Capsules?**

Vitamin B Complex Capsules are best taken in times of undue stress and growth development to help the body cope under the extra pressure.

Free From Yeast, Gluten, Artificial Preservatives and Flavourings.

### **Use:**

Adults and children over 12 years of age, one capsule daily.

### **Reviews**

There are yet no reviews for this product.