B-complex vitamins provide the body with B vitamins critical for maintaining healthy functioning of the numerous body systems, but especially the nervous system and energy production.

Nature's Sunshine's Vitamin B-Complex is free of yeast and contains no binders, fillers, starches or sugar.

**Did you know?**

B-complex vitamins convert carbohydrates into glucose which the body "burns" to produce energy. These vitamins are also essential for the metabolism of fats and protein, and for the maintenance of muscle tone in the gastrointestinal tract, as well as healthy digestive function. B-complex vitamins even play a role in the health of the eyes, hair, liver, mouth and skin.

All the B-complex vitamins are water-soluble; therefore any excess is naturally excreted from the body, not stored, making continual replacement vital. Cooking and refining foods easily destroys B vitamins. Alcohol, coffee or tea consumption, and heavy perspiration also result in the loss of certain B vitamins. A daily, dietary supply of B vitamins is vital for optimal health.

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**NSP Advantage**

120 tablets. Vitamin supplement.

**Ingredients:** Medicinal Ingredients: Each tablet contains Niacinamide 50 mg; pantothenic acid (calcium-d-pantothenate) 45 mg; Vitamin B6 (pyridoxine hydrochloride) 9 mg; Vitamin B2 (riboflavin) 6 mg; Vitamin B1 (thiamine mononitrate) 5 mg; folic acid (folate) 0.4 mg; biotin 0.1 mg and Vitamin B12 (cyanocobalam in) 50 mcg. Non-medical Ingredients: Dicalcium phosphate, microcrystalline cellulose, wheat germ, stearic acid, magnesium stearate, choline, inositol, paraminobenzoic acid, crosscarmellose sodium, rice polish and cabbage leaf.

**Recommendation (adults):** Take one tablet daily with a meal.

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**Features & Benefits**

- Multi-vitamin supplement for the maintenance of good health.
- B vitamins help metabolize protein.
- Niacinamide helps normal growth and development.
- Folic acid helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.
- Vitamin B2, Vitamin B6 and pantothenic acid all help in tissue formation.

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