



## PRODUCT DATA SHEET

## VITAMIN B COMPLEX

DESCRIPTION	Vitamin B Complex is a group of water-soluble vitamins that play vital roles in energy production, metabolism, nervous system support, a natural shield against daily stress and good overall health. B Vitamins are not stored in large amounts in the body, regular intake through diet or supplementation is important to maintain optimal levels.					
BENEFITS	<ul style="list-style-type: none"><li>• <b>Energy Production</b> Helping the body convert carbohydrates, fats, and proteins into usable energy, reducing fatigue and supporting overall vitality</li><li>• <b>Metabolism Support</b> Acting as coenzymes in metabolic pathways that regulate cell growth, enzyme function, and hormone balance</li><li>• <b>Nervous System Health</b> Supporting proper nerve function, brain health and mood regulation by aiding in the production of neurotransmitters and myelin</li><li>• <b>Healthy Skin, Hair &amp; Nails</b> Promoting cell renewal and repair, contributing to a healthy complexion and stronger hair and nails</li><li>• <b>Red Blood Cell Formation</b> Vitamins like B6, B9 (folate), and B12 are essential for producing healthy red blood cells and preventing certain types of anemia</li><li>• <b>Stress &amp; Mental Well-being</b> Often referred to as anti-stress vitamins, B-complex nutrients help the body cope with stress and may support emotional balance</li></ul>					
ACTIVE INGREDIENTS (Per Capsule)	Vitamin B 1	Thiamin	25mg	Vitamin B 9	Folic Acid	200mcg
	Vitamin B 2	Riboflavin	25mg	Vitamin B 10	PABA	30mg
	Vitamin B 5	Calcium Pantothenate	25mg	Vitamin B 12	Crystalline	25mcg
	Vitamin B 6	Pyridoxine	25mg	Vitamin C		150mg
	Vitamin B 7	Biotin	25mcg	Choline		25mg
	Vitamin B 8	Inositol	25mg			
APPEARANCE	White   Off White Capsules. Odorless. Slightly sweet					
DIRECTION FOR USE	1 - 2 Capsule daily with water.					
PACKAGING	60 times Capsules. White Container & Screw Cap. Wrap around label					
SAFETY & ALLERGENS	This product was packaged in an area where there might be traces of milk and nuts Not intended for children under the age of 18 years. Not suitable for vegans and vegetarians.					
WARNINGS	Discontinue use where there is sensitivity towards any of the ingredients. If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare professional for advice before consuming this product.					
CATEGORY D MEDICINE	This product is not intended to diagnose, treat and cure any diseases. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.					
STORAGE	Store away from direct sunlight in a cool, dry place below 25C. Keep out of reach of children					
DISTRIBUTION	Manufactured for distribution by :  NATURCARE PRODUCTS (PTY) LTD 14 Queen Street   Knysna   South Africa www.naturcare.co.za   orders@naturcare.co.za   084 862 6513					