NDI Nutraceuticals

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SUPER-B - 60 CP

Price: $21.00

NUTRITIONAL FUNCTIONS

Thiamine HCl (Vitamin B1) helps change glucose into energy or fat, helps metabolize fats, carbohydrates and proteins and balances nerves.

Riboflavin (Vitamin B2) is necessary for normal cell growth and respiration. It also assists in the metabolism of fats, proteins, and carbohydrates, forms some enzymes and is part of some coenzymes. Riboflavin reduces the effects of stress and can help to minimize acne and other skin disorders. It also helps increase immunity and can help prevent free radical damage.

Niacin (Vitamin B3) is involved in 50 different metabolic reactions in the body, including glycolysis, cholesterol metabolism, sex hormone synthesis, and proper digestion. Niacin is also important in circulation, healthy activity of the nervous system, and in healthy skin. Niacin is used as nicotinic acid to lower LDL (bad) cholesterol. Niacin is effective in lowering the risk of developing cardiovascular disease.

Pyridoxine HCl (Vitamin B6) helps prevent muscular weakness, converts amino acids and is essential in metabolism of proteins and fats.

Folic Acid helps the body form red blood cells and aids in the formation of genetic material within every body cell.

Vitamin B12 is also known as cobalamin. B12 is essential in nervous system functions, and it stimulates growth and appetite in children. B12 aids in red blood cell formation, increases energy level, and helps the body to use carbohydrates, fats, and proteins efficiently. Vitamin B12 is also important in RNA and DNA synthesis. Most deficiencies seen today are developed from poor absorption rather than lack of B12 in the diet. Poor absorption may be caused by many factors, including inflammatory bowel disease or gastric surgery. Pernicious anemia is the most common result of B12 deficiency. Many older people have pernicious anemia due to a decrease in intrinsic factor, which is essential for the absorption of B12. B Complex contains intrinsic factor and other ingredients that are essential for B12 absorption.

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Biotin (Vitamin H) is important in cell growth and respiration due to its role in RNA and DNA synthesis. Biotin is needed to maintain healthy hair and nails. A deficiency causes premature graying or loss of hair, and brittle finger and toenails. Biotin deficiency also adversely affects the immune system. Biotin is used to treat cradle cap in infants.

Calcium Pantothenate (Vitamin B5) is involved in the metabolism of cholesterol, the release of energy from fats and protein, cell oxidation and synthesis of triglycerides, phospholipids, all steroids and important amines in the brain.

Recommendations
As a dietary supplement, take one tablet daily or as directed by your health care professional.

Supplement Facts
Serving Size: 1 Tablet
Servings per Container: 60

	Amount Per Serving	% Daily Value
Calories	5	<1%
Thiamine HCl	110 mg	7333%
Riboflavin	60 mg	3529%
Vitamin B3	175 mg	875%
Pyridoxine HCl	55 mg	2750%
Folic Acid	400 mcg	100%
Vitamin B12	100 mcg	1667%
Biotin	300 mcg	100%
Calcium Pantothenate	120 mg	1200%
Choline	80 mg	**
Betaine HCl	60 mg	**
Inositol	50 mg	**
PABA	30 mg	**

** Daily Value not established.

Available in 60 & 180 count.

Vendor Information

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