



MÉDERI
NUTRICIÓN INTEGRATIVA
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B COMPLEX 50 MÉDERI



Description: Food supplement based on B vitamins, betaine, choline and inositol.

Directions for use / recommended dose: Take one (1) tablet daily with half a glass of water (125 mL) or as recommended by a professional.

Presentation: Box with four (4) blister packs of 15 tablets. 60 tablets of 1,130 mg.

Composition: Bulking agent (microcrystalline cellulose), betaine HCl, choline bitartrate, inositol, thiamine hydrochloride (vitamin B1), calcium D-pantothenate (pantothenic acid), riboflavin (vitamin B2), nicotinamide (niacin), bulking agent (anhydrous dicalcium phosphate), AquaPolish® D red 044.236 MS (coating agent: hydroxypropyl methylcellulose, stabiliser: hydroxypropylcellulose, anti-caking agent: talc, rice starch, humectant: polyethylene glycol, colouring agents: iron oxide red and iron oxide yellow), pyridoxine hydrochloride (vitamin B6), anti-caking agents (magnesium stearate and AEROSIL® 200 F (silicon dioxide)), methylcobalamin (vitamin B12), glucosamine salt of (6S)-5-methyltetrahydrofolic acid (folic acid) and D-biotin (biotin).

Storage conditions: Keep the container closed in a dry and cool place.





Ingredients:

Ingredients	1 tablet	% NRV*
Choline bitartrate	100.0 mg	
-Of which: Choline	41.1 mg	
Betaine	100.0 mg	
Inositol	100.0 mg	
Vitamin B1	50.0 mg	4,545 %
Vitamin B2	50.0 mg	3,571 %
Niacin	50.0 mg NE	313 %
Pantothenic acid	50.0 mg	833 %
Vitamin B6	12.0 mg	857 %
Biotin	100.0 µg	200 %
Folic acid	100.0 µg	50 %
Vitamin B12	50.0 µg	2,000 %

*NRV: Nutrient Reference Value for vitamins and minerals

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a varied diet. Keep out of reach of younger children.

Properties and potential applications:

Vitamin B1, B2, B6, niacin, biotin and vitamin B12 contribute to normal energy metabolism and normal functioning of the nervous system.

Vitamin B2, niacin and biotin contribute to the maintenance of the skin and mucous membranes under normal conditions.

Vitamin B6, B12, choline and folates contribute to normal homocysteine metabolism.

Vitamin B1, B6, B12, niacin, biotin and folates contribute to normal psychological function.

Vitamin B6 and B12 contribute to the normal formation of red blood cells and the normal functioning of the immune system.

Vitamin B2, B6, B12, niacin, pantothenic acid and folates help to reduce tiredness and fatigue.