Burgerstein Vitamine

B-Komplex B50

Content
30 Piece / Tablets
PZN 3999493
RRP 21,90 €

Recommended intake
1/2 tablet / day

without
artificial flavorings, artificial conservation, artificial colorants, genetic engineering

free of
granulated sugar, sorbitol, fructose, lactose, gluten, yeast, peanut oil, soya protein/lecithin, gelatine

More than nerve food.

Burgerstein B-Komplex B50 contains all 8 B vitamins, for a physical and mental health / performance. For example, the contained vitamin B12 contributes to a normal energy metabolism and the reduction of fatigue and fatigue. In addition, vitamin B6 supports the normal functioning of the nervous system and contributes to a normal mental function. Individuals with high levels of physical, mental and emotional stress are particularly in need of vitamin B.

Most B vitamins cannot be stored in the body for long periods of time because they are water-soluble. They are closely coupled in metabolism, and an isolated deficiency of a single B vitamin is not always easy to distinguish from a deficiency of other B vitamins. Therefore, in many cases, administration of the entire vitamin B complex as a supplement to the diet appears to make sense.

B-Komplex B50 is a high-dose form and should be taken in consultation with a doctor or pharmacist. After one pack (one tablet only every other day), there should be at least a six-week break. Make sure not to take any other products with vitamin B!

The product is suitable for vegans and vegetarians.

B-Komplex B50 supports...

- **... people who are particularly challenged in their work and everyday life**
- **... the energy metabolism in case of fatigue and lack of energy**
- **... the structure and function of nerve cells**
- **... during mental and physical stress, as the need for B vitamins may be increased**
  Here the need for B vitamins may be increased, so supplementing the diet with B vitamins may be recommended.
- **... with vitamin B6**
  Vitamin B6 is the most important coenzyme in amino acid metabolism. Together with folate and other B vitamins, it regulates homocysteine metabolism.
  It is involved in the formation of messenger substances in the nerves and in fat metabolism.
- **... with vitamin B12**
  Vitamin B12 plays a central role in numerous bodily processes.
  For a cell to function optimally, it depends on small amounts of the vitamin.
  Vitamin B12 is involved in the synthesis of DNA, cell division and blood formation.

Vitamin B in general

The vitamin B complex is of particular importance for our health, scientists and researchers agree on this, as they take over many important tasks in our body. Especially during physical, mental and emotional strain (stress), the body consumes a particularly large amount of vitamin B.

Although the B vitamins are grouped together, they are quite different from a purely chemical point of view. Since the vitamins are water-soluble and cannot really be stored by the body, they must be taken regularly to avoid deficiencies.

Vitamin B12 is an exception to this rule. A healthy person has a vitamin B12 store and can thus get by for several months without adequate intake. However, this store is insufficiently filled in most people, so that deficiency symptoms still occur.

Nutritional values	Per daily portion (1/2 tablet)	NRV*
Vitamin B1 (thiamine)	25,00 mg	2273%
Vitamin B2 (riboflavin)	25,00 mg	1786%
Vitamin B6 (pyridoxine)	10,00 mg	714%
Vitamin B12 (cobalamin)	250,00 µg	10000%
Biotin (B7/H)	250,00 µg	500%
Folic acid (B9)	250,00 µg	125%
Niacin (B3)	25,00 mg	156%
Pantothenic acid (B5)	50,00 mg	833%

*NRV = reference amount for daily intake according to the EU Food Information Regulation (LMIV)

Ingredients: Fillers (cellulose, sodium carboxy- methylcellulose), calcium pantothenate, vitamin B1, vitamin B6, vitamin B2, nicotinamide, coating agents (hydroxy- propylmethylcellulose, polydextrose, iron oxides, talc, maltodextrin, titanium dioxide, triglycerides), modified starch, stabilizer (dicalcium phosphate), folic acid, biotin, vitamin B12.

Additional information: Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.