Burgerstein Vitamine

B50 Aktiv

formerly B-Komplex B50

Content
30 Piece / Capsules
PZN 5849326
RRP 14,30 €

Recommended intake
1/2 tablet / day

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

free of
granulated sugar, sugar substitutes, fructose, lactose, gluten, yeast, gelatine

More than just food for the nerves.

The **new B50 Active Complex** contains all 8 B vitamins, supporting physical and mental health and performance. The **new formulation** features **activated B vitamins**, which ensure better bioavailability. In addition, compliance has been improved and the **daily dose** is now contained **in a single capsule**. This eliminates the need to split the tablet or take it only every other day.

Biotin (B7/H), niacin (B3), thiamine (B1), vitamin B12 and B6 contribute to normal energy metabolism, normal functioning of the nervous system and normal psychological function. Niacin (B3), pantothenic acid (B5), riboflavin (B2) and vitamin B12 help reduce tiredness and fatigue. Biotin (B7/H), niacin (B3), riboflavin (B2), thiamine (B1), as well as vitamins B12 and B6, contribute to the normal functioning of the nervous system.

Most B vitamins cannot be stored in the body for long because they are water-soluble. They are closely interlinked in the metabolism; 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, taking the full B-vitamin complex as a dietary supplement appears to be advisable.

B50 Aktiv is a high-dose formulation containing all the B vitamins and should be taken in consultation with a doctor or pharmacist. After completing one pack (one tablet every other day), you should take a break of at least six weeks. ...

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.

VEGAN

Premium product

will be abandoned

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: Calcium D-pantothenate, hydroxypropyl methylcellulose (capsule shell), sodium riboflavin 5'-phosphate, thiamine hydrochloride, nicotinamide, pea fiber, pyridoxal 5'-phosphate, (6S)-5-methyltetrahydrofolic acid glucosamine salt, methylcobalamin, D-biotin.

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.