Vitamin B Complex - High Potency B-12 with Folic Acid: Available in 90 Caps

Product benefits by category:
- **GOLD** Anti-aging, Fatigue & Low Energy, Vitamins & Minerals.
- **SILVER** Athletic Performance, General Prevention, Memory, Mood, PMS, Women’s Health.
- **BRONZE** Gallbladder, Hair, Skin & Nails, Weight Management.

Trust Naka’s high potency Vitamin B Complex for your health needs!

Vitamin B deficiency can cause anemia, walking and balance disturbances, can expose nerves to damage, cause a loss of vibration sensation, confusion and in some cases dementia. Vitamin B is naturally found in animal foods including fish, milk and milk products, eggs, meat and poultry. Signs of deficiency include: fatigue, weakness, nausea, loss of appetite and weight loss. Other symptoms are difficulty in maintaining balance, depression, confusion, and poor memory. To prevent a Vitamin B deficiency, supplementation is recommended for those with pernicious anemia and gastrointestinal disorders plus older adults (50+).

**Recommended purpose or use:**
- Vitamin supplement.
- A factor in the maintenance of good health.

**Recommended dose:** (Adults) Take (1) one capsule daily.

**Medicinal ingredients:** Each capsule contains:
- Thiamine, Vitamin B1 (Thiamine hydrochloride) . .50 mg
- Riboflavin, Vitamin B2 (Riboflavin) ........................50 mg
- Niacinamide (Niacinamide) ....................................50 mg
- Vitamin B6 (Pyridoxine Hydrochloride) ..................50 mg
- Vitamin B12 (Cyanocobalamin) ...........................250 mcg
- Folate (Folic acid) ...............................................1000 mcg
- Biotin (Biotin) ...........................................................60 mcg
- Pantothenic acid (Calcium-d-pantothenate)............50 mg
- Choline (Choline bitartrate) ....................................50 mg

**Non-medicinal ingredients:** Rice starch, magnesium stearate, gelatin (capsule ingredient). Contains no artificial preservatives, colours, corn, nuts, dairy, sweeteners, starch, wheat or yeast.

Vitamin E: Available in 120 Gel caps, 400 IU with Mixed Tocopherols. Beta 5 mg, Delta 5 mg, Gamma 5 mg

Product benefits by category:
- **GOLD** Anti-aging, Antioxidant, Heart Health, Vitamins & Minerals.
- **SILVER** Athletic Performance, Body Care & Topical Use, General Prevention, Hair, Skin & Nails, Injuries, Men’s Health (Prostate), PMS, Varicose Veins.

Natural source Vitamin E is derived from Soy with mixed Tocopherols in a balanced ratio.

Vitamin E has excellent antioxidant properties. Considered a natural healer, it heals skin topically and protects cell membranes and tissues internally. Vitamin E is vital to maintaining a healthy circulatory system and helps to lower blood pressure. It is also useful in treating premenstrual syndrome and fibrocystic breast disorder.

**Recommended use:**
An antioxidant for the maintenance of good health.

**Recommended Dose:**
(Adults) Take one capsule (softgel) daily or as directed by a health care practitioner.

**Medicinal ingredients:** Each capsule contains:
- Vitamin E (d-alpha-Tocopherol) [400 IU] .......... 268 mg ATE
(Derived from 100% natural sources)

**Non-medicinal ingredients:** Gelatin (capsule ingredient).
Contains no artificial preservatives, colours, gluten, corn, nuts, eggs, dairy, sweeteners, starch, wheat or yeast.

**Cautions and warnings:**
- Consult a health care practitioner prior to use if you have cardiovascular disease or diabetes.
- Consult a health care practitioner prior to use if you have cancer.

• Natural healer
• Antioxidant
• Circulation
• Anti-aging
• Lowers blood pressure
• Alleviate PMS