



Naka Products

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+).

Directions:

Take 1 capsule daily, or as directed by a professional.

Ingredients:

Each gelatin capsule contains:

Vitamin B1 (Thiamine Hydrochloride).....	50 mg
Vitamin B2 (Riboflavin).....	50 mg
Niacinamide	50 mg
Vitamin B6 (Pyridoxine Hydrochloride).....	50 mg
Vitamin B12.....	250 mcg
Folic Acid.....	1 mg
Biotin	60 mcg
Pantothenic Acid (Calcium Pantothenate).....	50 mg

Lipotropic Factors:

Choline Bitartrate.....	50 mg
Inositol.....	50 mg

Non-medicinal ingredients: In a base of Gelatin (capsule), Magnesium Stearate, Rice Flour.

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.

Directions:

Take 1 - 2 softgel capsule(s) daily or as directed by a professional.

Ingredients:

Each softgel capsule contains:
400 IU of pure Vitamin E in the form of d-alpha tocopherol (derived and from 100% natural sources), plus additional mixed tocopherols Beta, Delta, Gamma in a balanced ratio.

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

