



## 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+).

#### 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    |
| Inositol (Inositol) .....                          | 50 mg    |

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

