

Durchschnittliche Nährwerte / Nutritional Information	pro Tagesportion (1 Kapsel) / per daily serving (1 capsule)	%NRV
Vitamin B1	5,5 mg	500
Vitamin B2	7 mg NE	500
Vitamin B3	80 mg	500
Pantothensäure/Pantothenic acid (Vitamin B5)	30 mg	500
Vitamin B6	7 mg	500
- davon aus Pyridoxin HCL/- of which from pyridoxine HCL	3,5 mg	250
- davon aus Pyridoxal-5- Phosphat/- thereof from pyridoxal-5-phosphate	3,5 mg	250
Biotin (Vitamin B7)	150 µg RE	300
Folsäure/Folic acid (Vitamin B9)	600 µg	300
Vitamin B12	30 µg	1200
- davon aus Methylcobalamin/- of which from methylcobalamin	15 µg	600
- davon aus Hydroxycobalamin/- of which from hydroxycobalamin	15 µg	600
Citicolin/Citicoline	84,2 µg	
Quatrefolic® Glucosaminsalz/Quatrefolic® Glucosamine salt	150 µg	

Zutaten

DE: NAHRUNGSERGÄNZUNGSMITTEL IN KAPSELN FÜR M MIT VITAMIN B.

Zutaten: Lösliche Maisfaser, Nicotinamid, Überzugsmittel: Hydroxypropylmethylcellulose; Calciumpantothenat, Riboflavin, Thiaminmononitrat, Pyridoxal-5-phosphat, Pyridoxinhydrochlorid, Methylcobalamin, Folsäure, (6S)-5-Methyltetrahydrofolat, Biotin, Citicholin, Hydroxycobalamin.

GB: DIETARY SUPPLEMENT IN CAPSULES WITH VITAMIN B.

Ingredients: Soluble maize fiber, nicotinamide, coating agent: hydroxypropylmethylcellulose; calcium pantothenate, riboflavin, thiamine mononitrate, pyridoxal-5-phosphate, pyridoxine hydrochloride, methylcobalamine, folic acid, (6S)-5-methyltetrahydrofolate, biotin, citicholine, hydroxycobalamine.