

High Twelve B12 B Complex

Each of the Viridian B-complex supplements offers a full array of the B vitamins together with a higher level of a featured B vitamin. This supplement features a higher levels of vitamin B12, an essential nutrient which has been proven to help reduce tiredness and fatigue and contributes to normal function of the immune system.

B complex vitamins (B1, B2, B3, B5, B6 & B12) along with biotin, folic acid and choline all provide a vital role in maintaining good health and well-being. Together they contribute to the reduction of tiredness and fatigue, normal psychological function and mental performance, energy-yielding metabolism, the regulation of hormonal activity, the functioning of the immune and nervous systems and the maintenance of normal skin, vision and red blood cells. B complex vitamins also contribute to the protection of cells from oxidative stress.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

Key Features:

- Contributes to the reduction of tiredness and fatigue
- High strength B12 in a convenient capsule
- Contributes to normal immune system function
- Vegan and kosher supplement for daily use



Contains all 10 essential B vitamins

Nutritional Information: one capsule provides:

Ingredient	Weight	% NRV
Vitamin B12 (Adenosylcobalamin)	250µg	10,000
Vitamin B12 (Methylcobalamin)	250µg	10,000
Vitamin B5 (Calcium pantothenate)	50mg	833
Vitamin B3 (Niacinamide)	50mg	313
Vitamin B6 (Pyridoxine HCl)	20mg	1429
Vitamin B2 (Riboflavin)	20mg	1429
Vitamins B1 (Thiamin HCl)	20mg	1818
Choline (bitartrate)	8.2mg	
Inositol	20mg	
Biotin	200µg	400
Folic acid	200µg	100
In a base of Alfalfa, Spirulina and Bilberry		
Plant cellulose capsule		

Directions: As a food supplement take one capsule daily with food or as recommended by your healthcare practitioner.

Ordering Information:

Code	Size	Description	Barcode
255	30	High Twelve B12 B Complex Veg Caps	5060003592556
257	90	High Twelve B12 B Complex Veg Caps	5060003592570

In stock and available to order. Call 01327 878050 or email info@viridian-nutrition.com