

High Five B5 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 level of pantothenic acid (vitamin B5) to aid in the reduction of tiredness. This formula features vitamin C for the normal function of the immune system and the normal operation of many structures in the body including, bones, teeth and gums. In addition, vitamin C helps maintain normal energy levels and psychological function.

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, to 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. This 'oxidative stress' appears to be a major factor in many human diseases.

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 capsule formulation
- Contributes to normal immune system function
- Vegan and kosher



Contains all 8 essential B vitamins

Nutritional Information: one capsule provides:

Ingredient	Weight	% NRV
Magnesium ascorbate	221mg	
Vitamin C	188mg	235
Magnesium	12mg	3
Vitamin B5 (D-Ca pantothenic acid)	200mg	3333
Vitamin B3 (Niacinamide)	50mg	313
Vitamin B6 (Pyridoxine HCl)	20mg	1429
Vitamin B1 (Thiamin HCl)	20mg	1818
Vitamin B2 (Riboflavin)	20mg	1429
Choline (Bitartrate)	8.2mg	
Inositol	20mg	
Biotin	200µg	400
Folic acid	200µg	100
Vitamin B12 (Deoxyadenosylcobalamin & Methylcobalamin)	20µg	800
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
250	30	High Five B5 & Vit C B Complex Veg Caps	5060003592501
252	90	High Five B5 & Vit C B Complex Veg Caps	5060003592525
253	120	High Five B5 & Vit C B Complex Veg Caps	5060003592532

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