



Dr. Rath Vitamin B Complex™

The added benefit of an extra supply of B vitamins

Studying, working, stress and even every-day life tasks demand a great deal of concentration and attention – and depend on a well-functioning nervous system. To cope with demanding days, recreational activities alternating with rest provide a good balance.

In addition, a healthy diet rich in vitamins, dietary minerals and other cellular nutrients is very important. Micronutrients belonging to the B vitamins group are important dietary components. They are often called “nerve vitamins”, due to their role in mental health and intellectual performance.

What is the reason for this? The B vitamins (e.g. vitamins B1, B3, B6 and B12) support the normal function of the nervous system and as such they make a contribution to a normal psychological function.

But the B vitamins are also frequently mentioned in relation to feelings of tiredness and exhaustion, and rightly so: besides their versatile benefits to cellular metabolism, they are important cofactors in bioenergy production and can support our body in this respect as well.

As a rule, the B vitamins occur as a complex group in food. They are particularly effective when ingested together. **Dr. Rath Vitamin B Complex™** contains a combination of all eight vitamins from this group of cellular nutrients:

- As a contribution to normal function of the nervous system (supported by vitamins B1, B2, B3, B6 and B12, and biotin)
- As a contribution to normal psychological functions (supported by vitamins B1, B3, B6 and B12, biotin and folic acid)
- As a contribution to reducing feelings of tiredness and exhaustion (supported by vitamins B2, B3, B5, B6 and B12, and folic acid)
- As a contribution to normal intellectual performance (supported by vitamin B5)

Contents of one tablet:

Vitamin B1 (Thiamine)	2.42	mg
Vitamin B2 (Riboflavin)	3.7	mg
Vitamin B3 (Niacin)	33.6	mg
Vitamin B5 (Pantothenic acid)	15	mg
Vitamin B6 (Pyridoxine)	3.08	mg
Vitamin B12 (Cobalamin)	6.5	µg
Folic acid	500	µg
Biotin	110	µg

Recommended allowance:

Adults: 1 tablet 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 60 tablets per jar

Order No.: 024

Special Formula

Dr. Rath Vitamin B Complex™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase intake of individual nutrient factors.

Dr. Rath Vitamin B Complex™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

