



## VITAMIN B CO (SUSTAINED RELEASE)

Water-soluble and always present in foods in a group, B-complex vitamins perform interrelated functions that are crucial to helping the body transform the food we eat into the energy we need to live. Vitamin B. Co (Sustained Release) provides all of the B-vitamin “family” in balanced ratios as they occur naturally in whole foods.



#2561 - 60 capsules

### Why a B-Vitamin Supplement?

- **An essential group of interrelated nutrients, B-vitamins help to metabolise carbohydrates, fats and proteins.**
- **B-vitamins are water-soluble and must be supplied daily in the diet.** B-vitamins are not synthesised or stored in the body in sufficient quantities to meet daily nutritional needs.
- **Most people consume an inadequate amount of B-vitamins,** especially folic acid and vitamin B6. Because the entire family of B-vitamins is usually found in the same foodstuffs, a deficiency of several factors is more common than a deficiency of a single factor.

**B-vitamin requirements are a factor in the maintenance of good health.**

### They contribute to:

- Normal function of the heart, immune and nervous systems.
- Normal metabolism of homocysteine, iron and macro nutrients (carbohydrates, proteins and fats)
- Maintenance of normal growth and development, skin and vision.
- Normal psychological function and mental performance.
- Reduction of tiredness and fatigue.
- Regulation of hormonal activity.
- Normal red blood cell formation and play a role in the process of cell division.
- Helping reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.

### Why NeoLife's Vitamin B. Co (Sustained Release)?

- **Exclusive biologically-bound yeast.** Unique whole-food source provides B-vitamins in naturally-occurring ratios.
- **Complete.** Contains all members of the dietarily essential B-vitamin family.
- **High-potency formula** provides maximum metabolic support to help meet high nutrient demands during exercise and periods of stress.
- **Sustained release of B-complex nutrients** over a period of six hours.
- **Protein glaze** protects nutrient potency.

\*These statements have not been evaluated by the National Agency for Food and Drug Administration and Control (NAFDAC). This product is not intended to diagnose, treat, cure or prevent any disease.

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