

Methyl B Complex

A superior B Complex

Presentation

A small oval clear coated yellow tablet with speckles.

Each tablet delivers:

Thiamin (Vitamin B1)	25mg
Riboflavin (Vitamin B2)	28mg
Niacin (as Nicotinamide)	32mg
Pyridoxal 5-Phosphate (Vitamin B6)	20mg
Folate (as Quatrefolic®)	200µg
Methylcobalamin (Vitamin B12)	300µg
Biotin	250µg
Pantothenic Acid (Vitamin B5)	50mg
Inositol	30mg
Choline	30mg

Tableted with:

Modified Starch, Cellulose, Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate), Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin).

Disintegration time: Less than 1 hour

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8027



Uses

Lamberts® Methyl B Complex is a superior and comprehensive B Complex supplement. Rather than folic acid, it provides a type of folate called methylfolate (or 5-MTHF), since folate is the natural form found in food such as leafy green vegetables and is already active and ready for the body to use. We have specifically chosen to use Quatrefolic®, the most advanced form of folate supplementation available with optimum stability and bioavailability to ensure optimal methylation.

Vitamin B6 is present as Pyridoxal 5-Phosphate (P5P), the active form of vitamin B6 plus methylcobalamin, a superior absorbed form of vitamin B12, is included. Our Methyl B Complex also incorporates all the other B vitamins plus inositol and choline. It is yeast free and suitable for both vegetarians and vegans.

Several of the B vitamins are known to contribute to the normal functioning of the immune system and to normal psychological function. Others are recognised as contributing to the reduction of tiredness and fatigue as well as the maintenance of normal skin.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

Taking this product may occasionally result in a darker yellow colouration of the urine, which is harmless.

This product is not recommended for pregnant or lactating women.

Long term intake of this amount of Vitamin B6 may lead to mild tingling and numbness.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.

