



Stress Vitamin B Complex with Vitamin C 300 mg

Nature's Harmony® Stress Vitamin B Complex with Vitamin C 300 mg provides a balanced yeast-free formula of the B-complex vitamins with vitamin C to promote general well-being, produce energy and help prevent deficiency, especially during periods of stress.

PRODUCT CODE: 400598

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps the body to metabolize proteins, fats and carbohydrates. Helps maintain good health.	Tablet	Take 1 tablet daily with a meal, or as directed by a health care practitioner.

DESCRIPTION:

The B vitamins and vitamin C are crucial to adrenal health. The adrenal glands produce certain hormones during times of stress, and because the B vitamins and vitamin C are water soluble, they are easily depleted and need to be replenished. The B vitamins are also involved in the metabolism of carbohydrates, which provides energy, and fats and proteins, which helps maintain a healthy nervous system. They are also essential for maintaining healthy skin, hair, eyes, mouth and muscle tone in the gastrointestinal tract.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Varies depending on nutrient.

Causes of Deficiency: Varies depending on nutrient.

Symptoms of Deficiency: Varies depending on nutrient.

Complementary Nutrients: The B vitamins work synergistically and should be taken together.
Vitamin C: Bioflavonoids, vitamin E, selenium, beta carotene.

HOW IT WORKS:

B Complex: Vitamin B complex is made up of a group of water-soluble vitamins that are utilized as coenzymes in the body. Because of its well-documented involvement in the nervous system, it is often used to treat psychiatric symptoms such as mild depression, anxiety, nervousness and poor memory. The B-complex vitamins may also help slow down the effects of aging, since they are involved in preventing reactions related to the gradual wear and tear associated with the aging process. Because the B-complex vitamins are linked to all kinds of stress, our requirements for them go up when we are under emotional, physical or spiritual stress. In addition, the B vitamins may play a role in supporting the immune system because they are involved with the enzymes that make white blood cells and antibodies, which play a part in our defense system.

Vitamin C: Vitamin C is an antioxidant and immune-enhancing vitamin. Vitamin C is stored in high concentrations in the adrenal glands, and the need for this vitamin increases in times of stress.

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RESEARCH:


The efficacy of Nature's Harmony® Vitamin B Complex with Vitamin C 300 mg for stress management is supported by scientific study that shows that the adrenal glands, which produce hormones in response to stress, need a constant supply of the B vitamins and vitamin C.

Research shows that the release of glycogen for energy from the liver and muscles is facilitated by vitamin B6.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Do not use if pregnant or breastfeeding. Consult a health care practitioner prior to use if you have kidney disease.

LABEL:



Stress complexe vitaminique B
avec vitamine C

Aide au corps à métaboliser les protéines, les gras et les glucides

60 comprimés

Usage recommandé: Aide au corps à métaboliser les protéines, les gras et les glucides. Aide au maintien de la bonne santé.
Dosage recommandé (adultes): Prendre 1 comprimé par jour avec un repas, ou selon les directives du médecin ou d'un praticien de soins de santé.


Ingédients médicinaux:

Chaque comprimé contient:	
Thiamine (mononitrate).....	25 mg
Riboflavine.....	25 mg
Vitamine B6 (chlorhydrate de pyridoxine).....	15 mg
Vitamine B12 (cyanocobalamine).....	10 mcg
Niacinamide.....	100 mg
Biotine.....	5 mcg
Folate (acide folique).....	100 mcg
Acide pantothénique (D-pantothénate de calcium).....	46 mg
Vitamine C (acide ascorbique).....	300 mg
Choline (bitartrate de choline).....	15 mg
Inositol.....	15 mg
Acide para-aminobenzoïque.....	25 mg
Foie desséché (bovin).....	50 mg

Ingédients non médicinaux: Cellulose, amidon de maïs, croscarmellose de sodium, hypromellose, stéarate de magnésium, glycérine.

Information sur les risques: Ne pas utiliser si vous êtes enceinte ou allaitante. Consultez un praticien de soins de santé avant de prendre ce produit si vous souffrez des maladies rénales.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE PORTÉE DES ENFANTS.



Stress Vitamin B Complex
with Vitamin C

Helps the Body to Metabolize Proteins, Fats, and Carbohydrates

60 Tablets

Recommended User: Helps the body to metabolize proteins, fats and carbohydrates. Helps maintain good health.
Recommended Dose (Adults): Take 1 tablet daily with a meal, or as directed by a physician or health care practitioner.

Medicinal Ingredients:

Each tablet contains:	
Thiamine (mononitrate).....	25 mg
Riboflavin.....	25 mg
Vitamin B6 (pyridoxine hydrochloride).....	15 mg
Vitamin B12 (cyanocobalamin).....	10 mcg
Niacinamide.....	100 mg
Biotin.....	5 mcg
Folate (folic acid).....	100 mcg
Pantothenic acid (calcium D-pantothenate).....	46 mg
Vitamin C (ascorbic acid).....	300 mg
Choline (choline bitartrate).....	15 mg
Inositol.....	15 mg
Para-aminobenzoic acid.....	25 mg
Desiccated Liver (bovine).....	50 mg

Non-medical Ingredients: Cellulose, corn starch, croscarmellose sodium, hypromellose, magnesium stearate, glycerin.

Risk Information: Do not use if pregnant or breastfeeding. Consult a health care practitioner prior to use if you have kidney disease.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

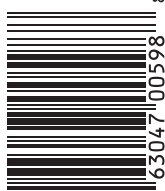
Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

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DID YOU KNOW...

The body's response to stress includes the release of hormones that suppress the immune system; therefore, optimal nutrition is essential to maintain immune function during times of stress.