

Vitamin B Complex

Vitamins



**Vitamin B1
(Thiamin)**

**Vitamin B2
(Riboflavin)**

**Vitamin B3
(Niacin)**

**Vitamin B5
(Pantothenic Acid)**

**Vitamin B6
(Pyridoxine)**

**Vitamin B7
(Biotin)**

**Vitamin B9
(Folic Acid)**

**Vitamin B12
(Cobalamin)**

Functions

Helps turn carbohydrates into the energy our bodies need.

It helps boost immune system and also help treat headaches.

Lowers harmful cholesterol while increasing good ones.

Anti-stress vitamin and plays a vital role in cellular metabolism.

Helps improve vision, PMS and also supports brain health.

Promotes healthy skin, hair & nails. Improves blood sugar.

Promotes healthy pregnancy & protects baby against defects.

Helps make red blood cells, DNA and normal nerve function.

All About B Vitamins

Roman Wölfel

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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