

Vitamin B Complex

Millions & Millions®



Maximum Energy & Vitality

This 'complete' B vitamin complex provides all eight B vitamins at 100% of the daily requirement. B vitamins are associated with a wide range of health benefits, supporting everything from heart health and psychological function to nerve function and eye care. But the main role of B vitamins in the body is to support energy metabolism (the conversion of food into energy) and help to reduce feelings of tiredness and fatigue. This high level of energy support is ideal for those with busy lifestyles, anyone feeling more tired or fatigued than usual, or those following a vegetarian or vegan diet.

Product Codes

P Code	Quantity	Inner EAN	Outer EAN
P2545	90 Tablets	5050028257554	5050028258193

Nutritional Information

Serving Size: 1 Tablet		
	Amount per Serving	%NRV*
Thiamine (B1)	1.1mg	100%
Riboflavin (B2)	1.4mg	100%
Niacin (B3)	16mg NE	100%
Vitamin B6	1.4mg	100%
Folic Acid	200µg	100%
Vitamin B12	2.5µg	100%
Biotin	50µg	100%
Pantothenic Acid (B5)	6mg	100%

* Nutrient Reference Value

Case/Pallet Quantities

UNITS PER CASE	UNITS PER LAYER	CASES PER LAYER	UNITS PER PALLET	LAYERS PER PALLET
8	320	40	2,880	9



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