

2851504

Boots Vitamin B Complex 180 Tablets (6 Month Supply)

Ingredients

Calcium Carbonate, Cellulose, Dicalcium Phosphate, Nicotinamide, Maltodextrin, Calcium Pantothenate, Magnesium Stearate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Silicon Dioxide, Folic Acid, Biotin, Cyanocobalamin.

Nutrition Information

Ingredient	Per Tablet	%NRV
Thiamin (Vitamin B1)	1.1 mg	100
Riboflavin (Vitamin B2)	1.4 mg	100
Niacin (Vitamin B3)	16 mg NE	100
Vitamin B6	1.4 mg	100
Folic Acid	200 µg	100
Vitamin B12	2.5 µg	100
Biotin	50 µg	100
Pantothenic Acid	6 mg	100

NRV means Nutrient Reference Value