

Super B-Complex

People are at higher risk for deficiency if they have poor nutritional sources of B vitamins, take medications or have conditions that impair absorption, or are affected by circumstances that increase the need for vitamin B components above the normal level. Since the B vitamins often work in harmony, a deficiency in one type may have broad implications. Poor intake of B vitamins is most often a problem in strict vegetarians and the elderly.

People who frequently fast or diet may also benefit from taking B vitamins. Vegans will need to use brewer's yeast or other sources of supplemental cobalamin, since the only natural sources are meats.

Risk factors that may decrease absorption of some B vitamins include smoking, excessive use of alcohol, surgical removal of portions of the digestive tract, and advanced age. Absorption is also impaired by some medications. Some of the drugs that may cause this are corticosteroids, colchicine, metformin, phenformin, omeprazol, colestipol, cholestyramine, methotrexate, tricyclic antidepressants, and slow-release potassium.

Need for vitamin B complex may be increased by conditions such as pregnancy, breastfeeding, emotional stress, and physical stress due to surgery or injury. People who are very physically active require extra riboflavin. Use of birth control pills also increases the need for certain B vitamins.

SUPPLEMENT FACTS	
Net 1.0 FL. OZ. (30 ml) 30 day supply	
Serving Size:	
Daily Adult Dosage: 2 Sprays, 3 times a day Approx. 180 sprays per Vial	U.S. RDA
Product Ingredients	
Vitamin B-12 - 1000mcg.	16,667%
Vitamin B6 - 5mg.	250%
Folic Acid - 400mcg.	100%
Inert Ingredients: Deionized Water, Sorbitol, Polysorbate 80, Citric Acid (Natural Preservative), 90 Trace Minerals, Potassium Sorbate, and Natural Orange Flavoring.	
This product is free of sugar, salt, corn, wheat, yeast, milk derivatives, colors, artificial flavors and preservatives.	