

Atomy Vitamin B Complex



B vitamins play a unique and important role to support and promote energy and metabolism.

Atomy Vitamin B Complex is packed with ideal proportions of all 8 B vitamins with organic fruit and vegetable blends.

B2 (10 mg), RIBOFLAVIN: Supports energy production and normal cellular function.

B3 (30 mg NE), NIACIN: Helps support the digestive system, skin, and nerves.

B5 (10 mg), PANTOTHENIC ACID: Essential for fatty acid synthesis and degradation.

B6 (10 mg), PYRIDOXINE: Plays a role in mood regulation and cognitive function.

B7 (60 mcg), BIOTIN: Helps the body metabolize proteins and process glucose.

B9 (400 mcg), FOLATE: Crucial role in normal cell growth and formation of DNA.

B12 (24 mcg), COBALAMIN: Required for normal red blood cell formation, neurological function, and DNA synthesis.

B1 (5 mg), THIAMIN: supports energy metabolism. It helps convert food into useable energy. Necessary for the growth, development, and functions of cell.

Supplement Facts

Serving Size 1 Capsule
Serving Per Container : 90

Amount Per Serving	% Daily Value
Vitamin B1 (from Thiamine HCl) 5 mg	417 %
Vitamin B2 (Riboflavin-5-Phosphate) 10 mg	769 %
Vitamin B3 (as Niacinamide) 30 mg NE	188 %
Vitamin B6 (Pyridoxal-5-Phosphate) 10 mg	588 %
Vitamin B9 (Folate (from Calcium-L-Methylfolate) Metafolin®) 680 mcg DFE	170 %
Vitamin B12 (as Methylcobalamin) 24 mcg	1000 %
Vitamin B7 (Biotin (as D-Biotin)) 60 mcg	200 %
Vitamin B5 (Pantothenic Acid (as d-Calcium Pantothenate)) 10 mg	200 %
Organic Fruit Blend 50 mg	*
Organic Apple (<i>Malus pumila Mill</i>) (Fruit), Organic Blueberry (<i>Vaccinium spp</i>) (Fruit Juice), Organic Cranberry (<i>Vaccinium oxycoccos</i>) (Fruit)	
Organic Vegetable Blend 50 mg	*
Organic Tomato (<i>Solanum lycosporium</i>) (Fruit), Organic Carrot (<i>Daucus carota</i>) (Fruit), Organic Beet (<i>Beta vulgaris</i>) (Root)	
Organic Green Veggie Blend 50 mg	*
Organic Spinach (<i>Spinacia oleracea</i>) (Whole Plant), Organic Broccoli (<i>Brassica oleracea</i>) (Whole Plant), Organic Kale (<i>Brassica oleracea acephala</i>) (Whole Plant)	

* Daily Value not established.

Benefits of Vitamin B Complex[†]

- ✓ Maintaining good health and well-being
- ✓ Supports metabolism of food into cellular energy
- ✓ Supports nervous system health
- ✓ Building blocks impacting energy levels, brain function, and cell metabolism





ATOMY VITAMIN B COMPLEX

is packed with ideal proportions of all 8 B vitamins with organic fruit and vegetable blends. Formulated with active forms of nutrient, Atomy Vitamin B Complex delivers your daily dose in one convenient veggie capsule!

Atomy Shopping Mall

- Free Membership
- No Registration fees
- No monthly quotas
- No website usage fees
- No monthly or annual fees
- No "Auto-Ship"
- No automatic ordering
- No purchase required to join Atomy shopping mall

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