



NATURE'S SUNSHINE

Balanced B Complex (Vitamin B)

Vegan

Non-GMO

Gluten Free

GOOD FOR

Nervous System

Brain

Cardiovascular system

SIZE **120 tablets**

ITEM # **1625**

SERVING **1**

SUPPLY **120 days**

DIRECTIONS FOR USE Take one tablet daily with a meal.

— How the Key Ingredients Work

Balanced B Complex brings together the full family of B vitamins — plus a handful of trusted supporting nutrients — to help your body make energy, stay sharp, and feel its best from the inside out. Each ingredient plays its own role, and together they work as a team to keep your nerves, mood, metabolism, and everyday vitality running smoothly.

Vitamin B1 (Thiamine) — Think of B1 as your body's spark plug for turning food into fuel. It helps keep your nervous system humming, supports a calm and settled digestive system, and plays a role in your natural antioxidant defenses. Research also links healthy B1 levels to a more balanced, less anxious mood.

Vitamin B2 (Riboflavin) — B2 is a quiet workhorse that helps your body recycle one of its most important protective molecules — glutathione — so your cells stay shielded from everyday wear and tear. It also supports healthy iron use in the blood and helps fuel the energy-producing pathways your muscles rely on during activity.

Vitamin B3 (Niacinamide) — This gentle, flush-free form of B3 is a direct building block for NAD+, the molecule your cells use to generate energy in their mitochondria. That makes it a cornerstone of everyday vitality and stamina. It's also well-tolerated by most people, making it an ideal choice for a daily B-complex formula.

Vitamin B5 (Pantothenic Acid) — B5 is the raw material your body uses to make Coenzyme A, a helper molecule that sits at the very center of energy metabolism — from burning fats to processing carbohydrates. It also supports your adrenal glands, which produce the stress hormones that help you respond to the demands of a busy day.

Vitamin B6 (Pyridoxine) — B6 is your brain chemistry vitamin. It helps your body produce serotonin, dopamine, and GABA — the neurotransmitters that influence mood, calm, focus, and sleep. Research shows it may help ease feelings of anxiety, and it also plays a key role in making healthy red blood cells and supporting your body's response to stress.

Vitamin B7 (Biotin) — Best known for its connection to healthy hair and skin, biotin is also an essential partner in the enzymes that convert fats, carbohydrates, and proteins into usable energy. EFSA recognizes biotin's contribution to normal energy-yielding metabolism, and it's a staple in virtually every well-rounded multivitamin formula.

Folic Acid (Vitamin B9) — Folic acid is famous for supporting healthy cell growth and red blood cell formation, but it also helps keep homocysteine levels in check — a key factor in supporting healthy arteries and cardiovascular wellness. It works hand-in-hand with B12 to keep your blood and cells in good shape, and it's especially important during times of increased nutritional demand.

Vitamin B12 (Cobalamin) — B12 is essential for healthy nerve function, red blood cell production, and the kind of clear-headed energy that gets you through the day. Low B12 is surprisingly common, especially in older adults and those who eat little meat or dairy. Keeping levels topped up supports mood, memory, and the protective coating around your nerves.

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