



NATURE'S SUNSHINE

B-Complex

Vegan

Kosher

Halal

Non-GMO

GOOD FOR

Nervous System

Digestive System

Brain

SIZE **100 Capsules**

ITEM # **1778**

SERVING **1**

SUPPLY **33 days**

DIRECTIONS FOR USE Take 1 capsule with a meal three times daily.

— How the Key Ingredients Work

This complete B-Complex brings together every essential B vitamin plus a handful of carefully chosen companions — working together to help your body turn food into energy, keep your mind sharp, and support your nerves, mood, and overall vitality day after day.

Vitamin B1 (Thiamine) — Often called the "nerve vitamin," B1 helps your body convert carbohydrates into usable energy and keeps your nervous system running smoothly. It also plays a role in gut comfort and supports your body's natural defenses against oxidative stress, making it a foundational piece of any B-complex formula.

Vitamin B2 (Riboflavin) — B2 is your body's built-in helper for recycling one of its most important protective molecules — glutathione — which helps neutralize everyday oxidative damage. It also supports healthy iron metabolism and is especially important for active people, since vigorous exercise can deplete riboflavin stores faster than usual.

Vitamin B3 (Niacinamide) — This gentle, flush-free form of B3 is a direct building block for NAD+, a molecule your cells rely on to produce energy in their mitochondria. It supports normal energy-yielding metabolism and helps reduce feelings of tiredness and fatigue, making it one of the most important vitamins for everyday vitality.

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 — involved in breaking down fats, carbohydrates, and proteins for fuel. It also supports your adrenal glands, which rely on B5 to produce the stress hormones that help you cope with daily demands.

Vitamin B6 (Pyridoxine) — B6 is a workhorse vitamin involved in over 100 processes in the body, including the production of feel-good brain chemicals like serotonin, dopamine, and GABA. Research shows it supports a calm, balanced mood, helps the body make healthy red blood cells, and plays a key role in how you respond to everyday stress.

Vitamin B7 (Biotin) — Best known for its connection to healthy hair and skin, biotin is also an essential coenzyme that helps your body extract energy from fats, carbohydrates, and amino acids. The European food safety authority recognizes biotin's contribution to normal energy-yielding metabolism, and it appears in virtually every well-rounded multivitamin for good reason.

Folic Acid (Vitamin B9) — Folic acid is critical for healthy cell division and the production of normal red blood cells. It also helps keep homocysteine levels in a healthy range — an important factor for cardiovascular and arterial wellness. It is especially well-known for supporting healthy development and is a cornerstone nutrient for overall cellular health.

Vitamin B12 (Cobalamin) — B12 is essential for maintaining the protective coating around your nerves and for producing healthy red blood cells. Low B12 is one of the most common nutritional shortfalls, particularly in older adults and those who eat little or no animal products, and it is closely linked to energy, mood, and neurological well-being.

 (888) 510-7196  service@caringsunshine.com

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