

## Vitamin B Complex

The B vitamins play a crucial role in just about every aspect of the body's functioning, including, to name but a few of the obviously more important ones, controlling the production and the release of energy through carbohydrate metabolism, ensuring proper functioning of the nerves, as well as playing a major role in various other crucial functions of the body.

### Benefits:

- Essential for energy production.
- Required for a healthy nervous system, especially important in times of stress.
- Required by the digestive system to absorb and utilise nutrients from our food.
- Also needed for healthy skin, hair and nails. Buy Vitamin B Complex from one of our approved suppliers online now!