



WELLNESS B COMPLEX

B1, B2, B3, B5, B6

SCIENCE

- **Energy and Metabolism:** Studies have shown that B vitamins are integral in converting carbohydrates, fats, and proteins into energy, thus improving overall energy levels .
- **Cognitive Function and Mood:** Research indicates that B vitamins, particularly B6, B9, and B12, are linked to improved mood and cognitive function due to their role in neurotransmitter synthesis .
- **Immunity and Heart Health:** Vitamin B Complex is essential for maintaining a healthy immune system and cardiovascular health by reducing homocysteine levels and supporting immune cell production .

BENEFITS

- Increased Energy
- Enhanced Mood
- Improved Cognitive Function
- Better Metabolism
- Healthy Skin, Hair, and Nails
- Boosted Immunity
- Cardiovascular Health