

# NiaPlex B3®



## B-complex vitamins with high niacin content

### NiaPlex B3® – B vitamins with a special focus on niacin

Vitamin B3, better known as niacin, is in the family of B vitamins, despite the fact that it is not technically a vitamin. Because unlike true vitamins, niacin can be produced by the human body. However, adequate amounts of vitamin B6 and the amino acid tryptophan must be available in order to produce it. Vitamin B3 is present within the metabolism in the form of two mutually convertible compounds, nicotinic acid and nicotinamide. All living cells in our bodies contain this B vitamin. However, niacin is found in especially high concentrations in metabolically active tissues such as those of the heart, liver, kidneys and immune cells. It plays a significant role in metabolism as a component of important enzymes, where it acts in the building and breaking down of proteins, carbohydrates and fatty acids. Furthermore, this vitamin supports the maintenance of normal mucous membranes. Biogena NiaPlex B3® contains a high dose of niacin (in the form of nicotinamide) and combines it with choline and all the other B-complex vitamins.

### NiaPlex B3®

- Is a B-complex that contains choline and a high amount of niacin
- Niacin, vitamins B1, B2, B6, B12 and biotin support the functions of the nervous system
- Niacin, vitamins B1, B6, B12, biotin and folic acid contribute to normal psychological function
- Niacin, pantothenic acid, the vitamins B6, B12 and folic acid help to reduce tiredness and fatigue
- Vitamins B6, B12 and folic acid contribute to the normal immune system function and support homocysteine metabolism

### Possible uses:

- For supplementary high doses of niacin in the case of increased need
- For the targeted supply of choline and all the other B-complex vitamins

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### Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours and flavours
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
Niacin (mg NE)	550 mg	3438
Pantothenic acid	9 mg	150
Riboflavin (vitamin B2)	2.1 mg	150
Vitamin B6	2.1 mg	150
Thiamine (vitamin B1)	1.65 mg	150
Folic acid	300 µg	150
Biotin	75 µg	150
Vitamin B12	3.75 µg	150
Choline	40 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

### INGREDIENTS

Nicotinamide, hydroxypropyl methyl cellulose (capsule shell), choline hydrogen tartrate, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, folic acid, hydroxocobalamin, D-biotin.

### RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

### NOTE

Food supplement in accordance with EU Directive 2002/46/EC

### PACKAGE SIZE AND CONTENT

60 capsules (2 month supply), 44 g

Food supplement: The recommended daily dosage should not be exceeded. The product should not be used as a substitute for a varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 03.01.2019.



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