

AROGA[®] ESSENTIALS B-COMPLEX

WELLNESS BEGINS WITHIN[®]



B vitamins make up eight of the nine water-soluble vitamins (the other is vitamin C). Most B vitamins serve as coenzymes or as precursors to coenzymes, needed for various metabolic processes, such as releasing energy from carbohydrates and fat, breaking down amino acids, and transporting oxygen and energy-containing nutrients around the body. These vitamins thus help our bodies obtain or make energy from the food we eat. B vitamins are also important in synthesizing red blood cells, and help cells make new DNA and multiply.

Unlike the fat-soluble vitamins (A, D, E, and K), water-soluble vitamins are not stored in the body and need to be replaced on a daily basis. The typical Western diet is high in calories but low in nutrition and can be lacking in essential vitamins and minerals. B vitamin inadequacy is not at all rare in the US. Although not considered “deficient,” micronutrient “inadequacies,” defined as nutrient intake less than the estimated average requirement (EAR) for optimal health, are common in the US and other developed countries. Signs of inadequate vitamin B levels can include fatigue, poor memory, loss of appetite, constipation, weakness, susceptibility to infections, and many others.

INGREDIENTS

Thiamin (as Thiamin HCl)
 Riboflavin (as Riboflavin-5-Phosphate)
 Niacin (as Niacinamide)
 Vitamin B6 (as Pyridoxal-5-Phosphate)
 Folate (as Folic Acid)
 Vitamin B12 (as Methylcobalamin)
 Biotin

Pantothenic Acid (as Calcium Pantothenate)
 Choline (as Choline Bitartrate)
 Inositol
 Microcrystalline Cellulose
 Rice Flour
 Hypromellose Vegetable Capsule

Supplement Facts

Serving Size: One (1) Capsule
 Servings Per Container: 30

	Amount Per Serving	% DV
Thiamin	16mg	1333%
Riboflavin	50mg	3846%
Niacin (from Niacinamide)	40mg NE	250%
Vitamin B6 (from Pyridoxal-5-Phosphate)	45mg	2647%
Folate (from Folic Acid)	378mcg DFE	95%
Vitamin B12 (from methylcobalamin)	3mcg	125%
Biotin	4mcg	13%
Pantothenic acid (from c-calcium pantothenate)	50mg	1000%
Choline (from Choline Bitartrate)	18mg	3%
Inositol	46mg	**

** Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Rice Flour, Hypromellose Vegetable Capsule



One Time \$17.50	RV: 18 CV: 18
Monthly \$14.00	RV: 14 CV: 14

CALL US : 800-930-0175

Aroga, Ltd. Customer Service is available from 9AM to 5PM Central Time. If you call outside our office hours, please leave a message and our staff will help you out at first availability.



DEVELOPED &
MANUFACTURED IN
TEXAS

AROGA[®]

230 Westway Pl. Ste 111
Arlington, TX 76018