

PanthoPlex B5®



B vitamins with a special focus on pantothenic acid

Hardly any vitamin is as essential for our brain as the series of B vitamins. It is not for nothing that B vitamins are also called "nerve vitamins". The vitamins of the B complex play a role in a number of mental and cognitive functions in humans and contribute to mental performance and the normal functioning of the psyche and nervous system. One example is the role of pantothenic acid in neurotransmitter metabolism. Neurotransmitters are important nerve messengers that significantly influence the communication between nerves and other cells. It is therefore all the more important to maintain the balance of these essential messengers. Since the body does not store most B vitamins over the long term and in some life situations an additional requirement can arise, a regular supply is all the more important. Biogena PanthoPlex B5® contains all vitamins of the B series and is characterized by its particularly high content of pantothenic acid (vitamin B5).

Biogena PanthoPlex B5®

- Pantothenic acid contributes to the normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.
- Pantothenic acid supports normal mental performance
- Thiamine (vitamin B1), vitamin B6, vitamin B12, biotin and niacin contribute to normal functioning of the nervous system and psyche


Possible applications

- For the supply of B vitamins in high doses, especially pantothenic acid
- For the support of mental performance
- For optimal synthesis of neurotransmitters

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- No colouring agents or artificial flavourings
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

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BIOGENA
WELCOME TO YOURSELF

INGREDIENTS per daily dose	1 Capsule	% NRV*
Pantothenic acid	250 mg	4167
Niacin (mg NE)	80 mg	500
Thiamine (vitamin B1)	40 mg	3636
Riboflavin (vitamin B2)**	30 mg	2143
Vitamin B6**	10 mg	714
Folic acid (Extrafolate-S®)**	400 µg	200
Vitamin B12**	100 µg	4000
Biotin	80 µg	160
Choline	40 mg	-

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

INGREDIENTS

Calcium-D-pantothenate, hydroxypropyl methyl cellulose (capsule shell), choline hydrogen tartrate, bulking agent: powdered cellulose, nicotinamide, thiamine mononitrate, sodium riboflavin 5'-phosphate, pyridoxal 5'-phosphate, methylcobalamin, calcium-L-methylfolate, D-biotin.

RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

NOTE

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

ADDITIONAL NOTE

Suitable for adults only.

PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 88 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and 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. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Extrafolate-S® is a registered trademark of Gnosis S.p.A. Subject to print or typographical errors. Version: 21.11.2023



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