



Mega B-100 Time Release

Quest Mega B-100 Time Release is a high-quality, megadose vitamin B-complex supplement providing 100 mg of the major B-complex vitamins, plus folic acid, vitamin B12, and biotin in a time-release format that helps assure nutritional benefit throughout the day. The B vitamins are essential for helping the body to deal with stress and to maintain healthy skin, hair, eyes, and muscle tone in the gastrointestinal tract.



PRODUCT CODES: 338378 (60 tablets)
338379 (90 tablets)

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
For individuals who require a high-potency source of B-complex vitamins. For the maintenance of good health.	Tablets	Adults take 1 tablet daily, or as directed by health care practitioner.

DESCRIPTION:

Each easy-to-swallow tablet of Quest Mega B-100 Time Release contains 100 mg each of vitamin B1 (thiamine HCl), vitamin B2 (riboflavin), vitamin B3 (nicotinic acid), pantothenic acid (d-calcium pantothenate), and vitamin B6 (pyridoxine HCl); 1 mg of folate (folic acid); 100 mcg of vitamin B12 (cyanocobalamin); 100 mcg of biotin; and 100 mg of choline; 100 mg of inositol, and PABA (para-aminobenzoic acid) in a convenient time-release format. This product contains no artificial preservatives, colours, flavours, or corn, dairy, egg, gluten, shellfish, soy, sulfites or animal derivatives.

Recommended Daily Allowance:	Dosage varies, depending on age.
Food Sources:	Whole grains, legumes, brewer's yeast, green leafy vegetables, liver, meat, poultry, fish, eggs, nuts.
Causes of Deficiency:	Diet of refined foods, excessive consumption of carbohydrates and sugars, caffeine, alcoholism, stress, environmental toxins, antibiotics.
Symptoms of Deficiency:	Nervousness, irritability, heart palpitations, indigestion, chronic fatigue, inability to concentrate, insomnia.
Complementary Nutrients:	The B vitamins work synergistically and should be taken together. Overall healthful diet.

HOW IT WORKS:

Although each of the B vitamins has its own unique role to play, as a group they work together synergistically. The B vitamins are used in almost all parts of the body. They are involved in the metabolism of carbohydrates, which provide energy, and fats and proteins, which help maintain a healthy nervous system. The niacin form of the vitamin B3 in this formula helps to lower blood cholesterol, dilate blood vessels, and neutralize tryptamine-related brain toxins. The time-release mechanism of these tablets slowly releases the nutrients into the bloodstream over a 6-hour period, providing sustained tissue saturation without having to take tablets several times a day.



DID YOU KNOW...

The B vitamins control the release of gastric juice, thus helping you to digest and absorb more nutrients from the food you eat.

Mega B-100 Time Release

RESEARCH:

The efficacy of supplementing with the B-complex vitamins is borne out by scientific research. Scientific evidence shows that the levels of B vitamins in our adrenal glands are depleted during times of stress, and that the adrenal glands require a constant supply of the B vitamins to produce the stress-response hormones. Taking a B-complex supplement supports the adrenal glands and helps us to deal with daily stress.

SIDE EFFECTS:

No side effects expected at recommended dosage. Some individuals may experience a flush from the niacin in this formula.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult your health care practitioner before using if you have a serious condition or are taking any medications.

OTHER CONSIDERATIONS:

Consult a health care practitioner before use if you are pregnant or breastfeeding. Keep out of reach of children.

LABEL:

QUEST

ÉNERGIE

Méga B-100
Complexe vitaminique B
à libération graduelle

60 comprimés

Aide à maintien d'une bonne santé

Sans colorants, arômes ou agents de conservation artificiels

Superieure Qualité Assurée

Usage recommandé : Source de vitamines du complexe B à puissance élevée pour le maintien d'une bonne santé.
Dose recommandée (adultes) : Prendre 1 comprimé par jour ou selon l'avis d'un praticien de soins de santé.

Ingédients médicinaux :
Chaque comprimé contient :
Thiamine (chlorhydrate de thiamine).....100 mg
Riboflavine100 mg
Niacine (acide nicotinique).....100 mg
Acide pantothénique (D-pantothénate de calcium).....100 mg
Vitamine B6 (chlorhydrate de pyridoxine).....100 mg
Folate (acide folique).....1 mg
Vitamine B12 (cyanocobalamine).....100 mcg
Biotine100 mcg
Bitartrate de choline100 mg
Inositol100 mg
Ingédients non médicinaux : PABA (acide para-aminobenzoïque), phosphate de calcium, stéarate de magnésium, cellulose, dioxyde de silicium, acide stéarique, glycérine, hypromellose.

Information sur les risques : La prise d'acide nicotinique pourrait entraîner des bouffées de chaleur chez les personnes qui sont sensibles à ce produit; en général, cet effet est bénin et transitoire.
Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soja, sulfites ou dérivés d'origine animale.

RANGER DANS UN ENDROIT SEC ET FRAIS, TENIR HORS DE PORTÉE DES ENFANTS.

Recommended Use: High potency source of B complex vitamins for the maintenance of good health.
Recommended Dose (Adults): Take 1 tablet daily or as directed by a health care practitioner.

Medicinal Ingredients:
Each tablet contains:
Thiamine (thiamine HCl)100 mg
Riboflavin100 mg
Niacin (nicotinic acid)100 mg
Pantothenic acid (calcium D-pantothenate)100 mg
Vitamin B6 (pyridoxine HCl).....100 mg
Folate (folic acid).....1 mg
Vitamin B12 (cyanocobalamin)100 mcg
Biotin100 mcg
Choline (bitartrate)100 mg
Inositol100 mg
Non-medicinal ingredients: PABA (para-aminobenzoic acid), calcium phosphate, magnesium stearate, cellulose, silicon dioxide, stearic acid, glycerin, hypromellose.

Risk Information: People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.
This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites or animal derivatives.

STORE IN A COOL, DRY PLACE, KEEP OUT OF REACH OF CHILDREN.

QUEST

ENERGY

Mega B-100
Vitamin B Complex
Timed-release

60 tablets

Helps to maintain good health

No artificial colours, flavours or preservatives

Superior Quality Assured

DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCAU DE SECURITE SOUS LE CAPSOTON EST BRISÉ.

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