

 NUTRILITE™

# VITAMIN B DUAL-ACTION

 **Start your day with essential B vitamins** 

Perform at your best from the start to the end of your day  
with just 1 tablet a day for the required 8 hours energy boost



**8-HOUR**   
DUAL-ACTION

**Instant & Extended Release**

- Better absorption through their instant and extended release

Contains   
**Nutrient-Rich Spirulina**

Rich in beta carotene,  
vitamin B12 & other  
B complex vitamins



CONTAINS **8 ESSENTIAL B VITAMINS**

- Vital for health & well being
- Encourages normal energy-yielding metabolism

**Friendly Formula** 

- Caffeine-free, gluten-free
- Gentle on the stomach
- Just 1 tablet a day

Comes in  
**120**  
tablets  
per bottle





# B vitamins

## Vital in maintaining good health and well-being

Vitamin B complex is a natural anti-stress nutrient which helps to maintain your normal energy metabolism and replenish energy loss. Nutralite Vitamin B Dual-Action is packed with **8 essential B vitamins**. While each has its own function, when combined, they result in the perfect amalgamation which helps to convert nutrients into the energy our body needs. 1 tablet is all you need to perform at your best and live a full life!

### Did you know?

Many adults lack B vitamins in their diets which are essential for the formation of energy to sustain their busy lifestyles.



## 8 Essential B Vitamins

Nutrients	Functions
Vitamin B1	Maintains normal energy metabolism, supports the functions of the skin, hearing and the nervous system.
Vitamin B2	Maintains normal energy metabolism and healthy skin.
Vitamin B3	Maintains normal energy metabolism and improves the health of the skin, the nervous system, the mucous membrane, and the digestive system.
Vitamin B5	Maintains normal energy metabolism while contributing to the formation of body fat, cholesterol and the amino acid metabolism.
Vitamin B6	Maintains normal amino acid metabolism and contributes to the formation of porphyrins in the red blood cells, helping to convert tryptophan to Vitamin B3. It also helps the red blood cell to maintain its shape and improve health of the nervous system.
Vitamin B12	Contributes to the formation of red blood cells and improves the health of the nervous system.
Vitamin B9 (Folic Acid)	Contributes to the formation of red blood cells, nucleic acid and nucleoprotein. It is also essential for the development and growth of the fetus.
Vitamin B7 (Biotin)	Maintains normal energy metabolism and amino acid. Contributes to the formation of fat, glycogen and purine, and improves the health of skin and mucous membrane.

# The Right Amount At The Right Time, Matters!

It is a fact of nature that our bodies need regular supply of B vitamins to contribute to normal energy-yielding metabolism. But to do it effectively, the right amounts of B vitamins are needed at the right time. Excess amounts at any one time will not be completely absorbed and will go to waste which will then cause stomach and digestive problems. On the other hand, too little on a regular basis, will cause fatigue.

## Did you know?

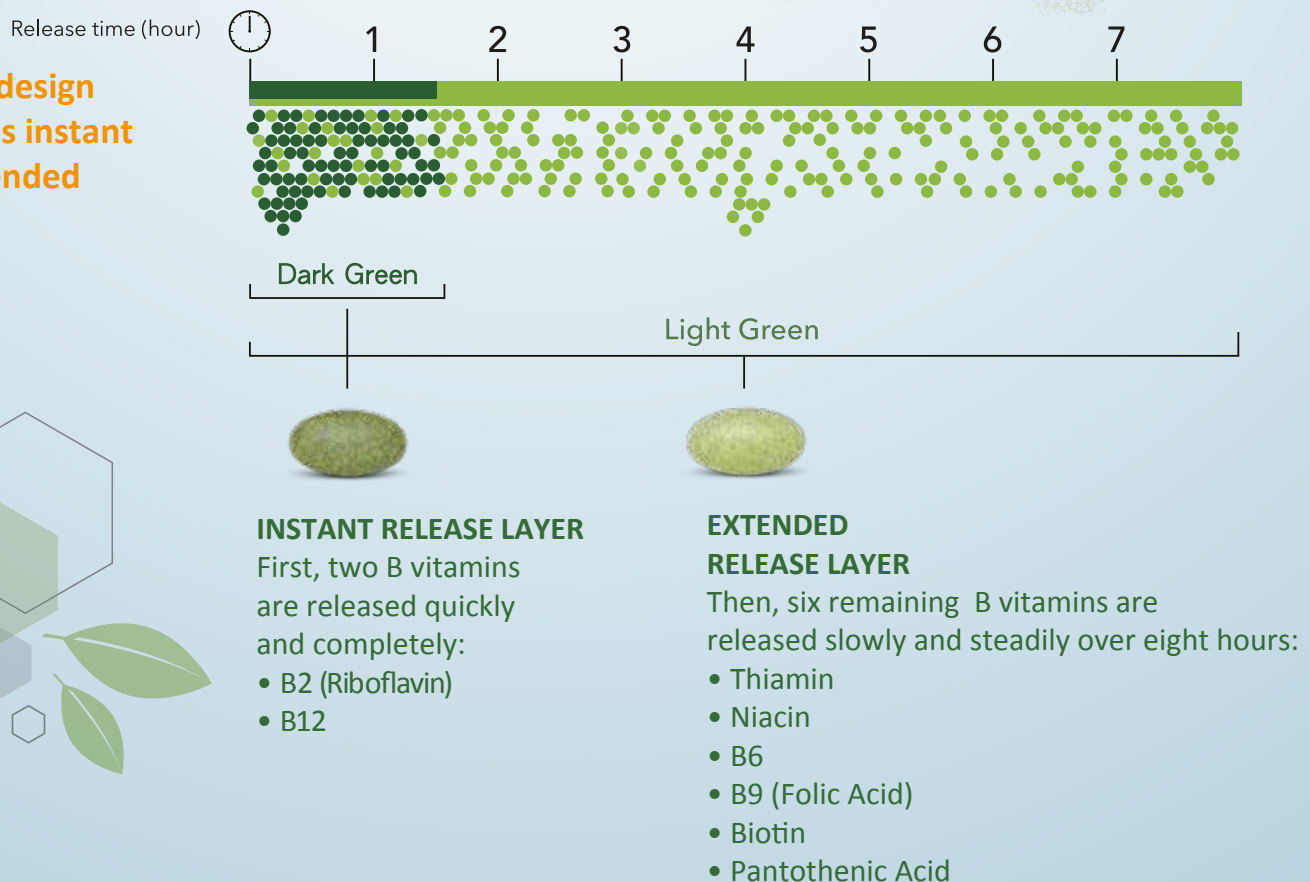
B vitamins are water soluble nutrients that do not get stored in the body and therefore must be replenished daily.

## 8 Hours Dual-Action Technology

Nutriline Vitamin B Dual-Action is a bi-layer tablet that combines instant and extended release technologies to release the various B vitamins into different phases for better absorption and efficacy.

- This slow and steady release of nutrients allows for eight-hour support of B vitamins, while limiting the waste that happens when large doses are consumed at any one time.
- This technique is also gentle on the stomach.

**Bi-layer design  
combines instant  
and extended  
release**







## Formulated With Spirulina To Provide More Health Benefits

While the Nutrilite scientists were seeking for a natural and high quality source of B vitamins for the new Nutrilite™ Vitamin B Dual-Action, they stumbled upon an ingredient that caught their attention. It was Spirulina – a blue-green micro-algae, found in both sea and fresh water.

### Nutrient-Rich Spirulina

- Contains beta carotene, vitamin B12 and other B complex vitamins.

### Did you know?

One tablet of Nutrilite Vitamin B Dual-Action contains 75mg of Spirulina



## Farming In The Sonoran Desert Where Nutrient Rich Spirulina Thrives

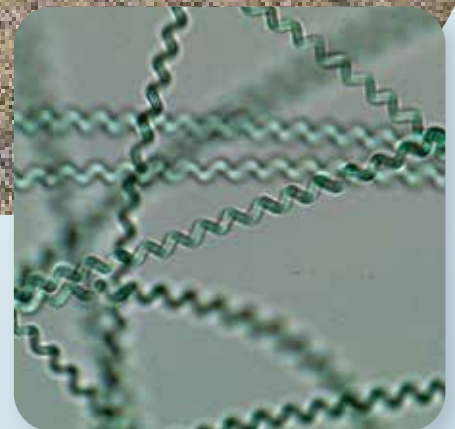
We grow and harvest our Spirulina on our very own NutriCert™ certified aqua-farms that meet strict Nutrilite agriculture, traceability and sustainability standards.



Spirulina is cultivated at a NutriCert™ certified partner facility in Southern California using a specially designed pond system.



Gentle stirring by giant paddle wheels assures a perfect mixture of fresh water, nutrients and exposure to the intense desert sun.



Spirulina seen under a microscope has a unique and beautiful – physical structure.



# Feeling Fatigued, Overwhelmed, Overworked?

Today, we're working harder and longer than ever before; and with life coming at us so quickly, we really cannot afford to feel fatigue and run on low energy. While quick fixes like coffee can take care of our fatigue for a short term period, that's ultimately all they are... quick burst of temporary fixes.



## SINGAPORE **#1** MOST FATIGUED COUNTRY IN THE WORLD

ALSO, THE **#2** COUNTRY THAT WORK THE MOST HOURS PER YEAR

# 2,238

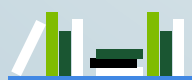
Average annual working hours



Source: <https://www.sleepseeker.co.uk/blog/fatigued-cities>

	Country	Fatigue Score
1	<b>Singapore</b>	<b>7.20</b>
2	Mexico	7.01
3	Brazil	6.28
4	USA	5.57
5	Japan	5.32
6	UK	4.82
7	New Zealand	4.74
8	Australia	4.72
9	China	4.59
10	Canada	4.39
11	Italy	3.85
12	Switzerland	3.12
13	Germany	3.11
14	France	2.44
15	Netherlands	2.01

In order to be at our best from the start to the end of each day, we need to stop fatigue before it sets in. One sure way of doing that is to start our day with a healthy breakfast that includes a quality source of B vitamins to be used by our body to help fight fatigue. With that in mind, Nutralite scientists developed Nutralite™ Vitamin B Dual-Action, loaded with the all natural Spirulina and eight essential B vitamins for the energy boost you need to go on all day!



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One tablet of Nutralite Vitamin B Dual-Action provides up to **8 hours of energy**, to help you manage your heavy workload effectively in order to enjoy a high-quality personal life, after work.



## Other Information

### HOW TO USE ?

Take one tablet per day, preferably with a meal



### ADVISORIES / PRECAUTIONS

- Follow recommended dosage and usage directions
- Product should be kept out of reach of children
- Children under the age of 12, pregnant women, nursing mothers, and anyone with medical condition should consult a physician prior to taking this product

### INGREDIENTS

Each tablet contains:

Vitamin B1 - 3 mg, Vitamin B2 - 3.4 mg, Vitamin B3 - 20 mg, Vitamin B5 - 20 mg, Vitamin B6 - 4 mg, Vitamin B12 - 6 mcg, Folic Acid - 400 mcg, Biotin - 125 mcg, Spirulina Powder - 75 mg

Other Ingredients:

Microcrystalline Cellulose, Dried Yeast, Lactose (Milk), Hydroxypropyl Methylcellulose, Croscarmellose Sodium, Magnesium Stearate, Silicon Dioxide, Glycerol, Carnuba Wax

### PRODUCTION / EXPIRY DATE

The expiry date is printed on the product packaging

### COUNT

120 tablets

### HEALTH NOTES

No caffeine, gluten-free.

No artificial colours, flavours or preservatives added.

