



Kühns

VitB

SHOT

Kühns Vit B shot is a unique blend of vitamin B and other ingredients with no fillers or harmful binders.



Kühns Vit B SHOT		
Nutritional information	Per 25ml serving	% NRV
Vitamin B1	15 mg	1250
Vitamin B2	12,5mg	962
Vitamin B3	37,5mg	234
Vitamin B5	37,5 mg	750
Vitamin B6	62,5 mg	3677
Vitamin B12	83,3 µg	3471
Taurine	33,3 mg	*
L-Glutamine	8,3 mg	*
Tyrosine	83,3mg	*
Contains Sugar/ Fructos	2,5 g	



Shipper = 20 x 25ml Shots

25ml Shot

Why is Vitamin B important ?

- **B Vitamins have a direct impact on your energy levels, brain function, and cell metabolism. Vitamin B complex helps prevent infections and helps support or promote cell health.**
- **B Vitamins help keep your nervous system healthy. Vitamins B12, B6 and Folic Acid helps with the production of red blood cells as well as maintaining healthy skin, nails and hair.**
- **B Vitamins are also important for the wellbeing of bodily cells - Riboflavin (B2) Niacin (B3)**
- **Factors like age, pregnancy, dietary choices, medical conditions, genetics, medication and alcohol use increases the body's demand for Vitamin B**



Kühns Vit B Shot ingredient Breakdown :

Vitamin B 1 (Thiamine)

Per 25ml serving : 15mg

Thiamine plays an essential role in metabolism by helping convert nutrients into energy. The richest food sources include pork, sunflower seeds and wheat.





Kuhns Vit B Shot ingredient Breakdown :

Vitamin B2 (Riboflavin)

Per 25ml serving : 12.5mg

Riboflavin helps convert food into energy and also acts as an antioxidant. Foods highest in Riboflavin include organ meats, beef and mushrooms.



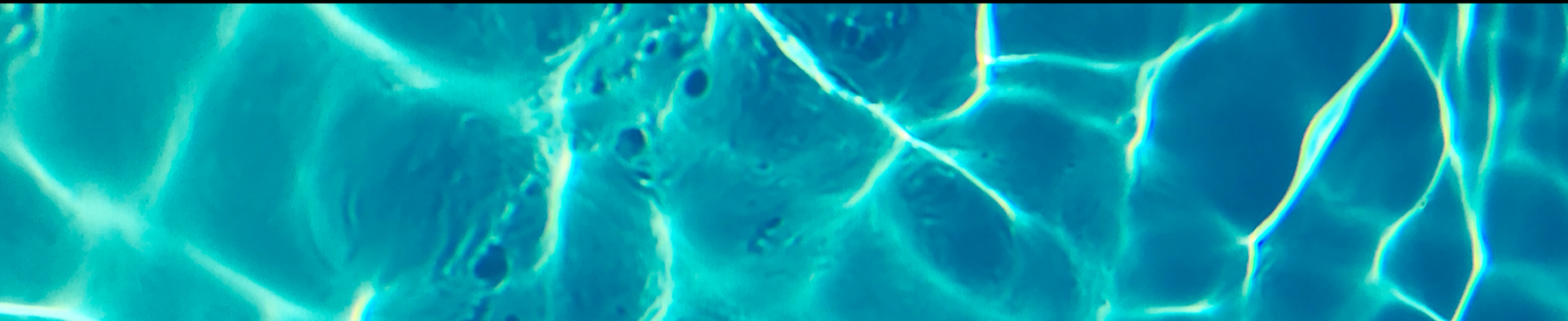


Kühns Vit B Shot ingredient Breakdown :

Vitamin B3 (Niacin)

Per 25ml serving : 37.5mg

Niacin plays a role in cellular singling, metabolism and DNA production and repair. Food sources include chicken, tuna and lentils.





Kühns Vit B Shot ingredient Breakdown :

Vitamin B5 (Pantothenic Acid)

Per 25ml serving :37.5mg

Vitamin B5 is involved in hormone and cholesterol production.
Good food sources include Liver, fish, yogurt and avocados.





Kuhns Vit B Shot ingredient Breakdown :

Vitamin B6 (Pyridoxine)

Per 25ml serving :62.5mg

Pyridoxine is involved in amino acid metabolism, red blood cell production and the creation of neurotransmitters.

Foods highest in this vitamin include chickpeas, salmon and potatoes



Kuhns Vit B Shot ingredient Breakdown :

Vitamin B12 (Cobalamin)

Per 25ml serving :83.3µg

Vitamin B12 is vital for neurological function, DNA production and red blood cell development. B12 is found in animal sources like meats, eggs, seafood and dairy.



Kühns Vit B Shot ingredient Breakdown :

Taurine

Per 25ml serving :33.3 mg

Referred to as the 'Wonder Molecule'. It is a type of amino acid often added to energy drinks. Taurine has been shown to have several health benefits, such as boosting immunity and improved sports performance.





Kühns Vit B Shot ingredient Breakdown :

L-Glutamine

Per 25ml serving :8.3 mg

L-Glutamine is one of the most important nutrients for a healthy digestive tract because of its ability to maintain the integrity of the intestinal wall. This amino acid heals all tissue in the body. Also known as the 'Calming Amino Acid' since it is very effective at reducing anxiety, as well as sugar and alcohol cravings.



Summary



VEGAN



Boosts:
Energy
Immunity
Vitality



Caffeine Free



Reduced:
Fatigue
Anxiety

Proud Product of



Kühns