

Benefits

Energy Production and Nutritional Support: Riboflavin (Vitamin B2): Enhances energy metabolism and combats fatigue by metabolizing carbohydrates, proteins, and fats. **Niacinamide (Vitamin B3):** Improves energy production and cellular repair. **Digestive Health: Lactic Acid:** Creates an acidic environment in the gut to improve digestion and nutrient absorption. **Bacillus Spores (Probiotics):** Replenish beneficial gut bacteria, alleviating digestive issues like bloating, diarrhea, and irritable bowel syndrome (IBS). **Anemia Prevention: Folic Acid (Vitamin B9):** Supports red blood cell production, preventing anemia and promoting healthy oxygen transport in the body. **Immune System Boost: Bacillus Spores:** Strengthen gut immunity and protect against infections. **Vitamins B2, B3, and B9:** Support overall immune health. **Skin and Hair Health: Niacinamide:** Reduces inflammation, improves skin elasticity, and reduces hyperpigmentation. **Riboflavin:** Promotes healthy skin, hair, and nails. **Cognitive and Neurological Support: Folic Acid and Niacinamide:** Support brain health, reduce stress, and enhance cognitive function.

How It Works

- **Vitamins:** Provide essential coenzymes that facilitate energy production, DNA synthesis, and cellular repair.
- **Lactic Acid:** Maintains gut pH balance, favoring the growth of beneficial bacteria.
- **Probiotics (Bacillus Spores):** Restore healthy gut flora, improve digestion, and enhance nutrient absorption.

Side Effects

This combination is safe for most individuals but may cause mild, temporary side effects: **Digestive:** Nausea, bloating, diarrhea, or gas. **Allergic Reactions:** Rare cases of rash, itching, or swelling.

Expert's Advice

- **Take With Food:** Improves nutrient absorption and minimizes stomach upset.
- **Consistency is Key:** Take the supplement daily as directed for optimal results.
- **Hydration:** Drink plenty of water to aid digestion and enhance the benefits of probiotics.
- **Pregnancy and Breastfeeding:** Particularly beneficial during pregnancy for fetal development and maternal health. Consult your doctor for appropriate dosing.
- **Avoid Overuse:** Follow the recommended dosage to avoid side effects.

Frequently Asked Questions

Q. What conditions does this combination address?

It is used for treating nutrient deficiencies, supporting digestive health, managing anemia, and improving skin and overall immunity.

Q. Can it be taken during pregnancy?

Yes, it is safe and beneficial, particularly for fetal development due to folic acid. Always consult your doctor before use.

Q. Can this tablet improve digestion?

Yes, the combination of lactic acid and Bacillus spores enhances gut health and improves digestion.

Q. How does it benefit skin health?

Niacinamide and riboflavin promote skin health by reducing inflammation, hyperpigmentation, and improving skin texture.

Q. Are there any dietary restrictions while taking this supplement?

No specific restrictions, but a balanced diet rich in fruits, vegetables, and lean proteins complements its benefits.

Q. Can it prevent recurring infections?

Yes, probiotics strengthen gut immunity, reducing the risk of recurring infections.

Q. Can I take this supplement if I am lactose intolerant?

Yes, it is safe for lactose-intolerant individuals as it does not contain lactose.

Q. How long does it take to see results?

Improvements in digestion, energy, and skin health can be observed within a few weeks of regular use.

Q. What should I do if I miss a dose?

Take the missed dose as soon as you remember. Skip it if it's close to the next scheduled dose. Do not double the dose.

Q. Can I take this with other multivitamins?

Avoid combining with other multivitamins to prevent over-supplementation. Consult your doctor for personalized advice.