

Need this EFSA claim*?

Use our yeast **Lynside[®] Forte B+**!

Vitamin:	55 mg of B+ covers 15% EU RDA† for	62 mg of B+ covers 15% EU RDA† for	60 mg of B+ covers 15% EU RDA† for	45 mg of B+covers 15% EU RDA† for	53 mg of B+ covers 15% EU RDA† for	13 mg of B+ covers 15% EU RDA† for	38 mg of B+ covers 15% EU RDA† for	32 mg of B+ covers 15% EU RDA† for
	B1 (Thiamine)	B2 (Riboflavin)	B3/PP (Niacin)	B5 (Pantothenic acid)	B6 (Pyridoxine)	B7/B8/H (Biotin)	B9 (Folic acid)	B12 (Cobalamin)
• Normal energy-yielding metabolism	•	•	•	•	•	•		•
• Normal function of the heart	•							
• Maintenance of the normal function of the nervous system	•	•	•		•	•		
• Normal psychological functions	•		•		•	•	•	•
• Maintenance of normal skin and mucous membranes		•	•			•		
• Normal metabolism of iron in the body		•						
• Normal red blood cell formation / Maintenance of normal red blood cells		•			•		•	•
• Maintenance of normal vision		•						
• Protection of cell constituents from oxidative damage		•						
• Reduction of tiredness and fatigue		•	•	•	•		•	•
• Normal mental performance				•				
• Normal synthesis and metabolism of vitamin D				•				
• Normal synthesis and metabolism of steroid hormones and some neurotransmitters				•				
• Normal cysteine synthesis					•			
• Normal protein and glycogen metabolism					•			
• Regulation of hormonal activity					•			
• Normal function of the immune system					•		•	•
• Normal homocysteine metabolism					•		•	•
• Normal macronutrient metabolism						•		
• Maintenance of normal hair						•		
• Normal maternal tissue growth during pregnancy							•	
• Normal amino acid synthesis							•	
• Normal cell division							•	•
• Normal neurological functions								•

* Definitive authorisations, wordings and conditions of use will be published in the community register of nutrition and health claims made on food
 † Minimum required