

## Super B-Complex Effervescent – a nutritionist's guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

### Dosing guidelines

A daily serving of *Super B-Complex Effervescent* consists of 1 effervescent tablet, providing you with the full serving amount as indicated on the nutritional panel. Some people are highly sensitive to new supplements and changes in their diet, so if this sounds like you, try starting with half a tablet per day and increasing the dosage after a couple of weeks. If you're not as sensitive to change, it is perfectly safe to start with 1 full tablet straight away.

*Super B-Complex Effervescent* is designed for adults. For children aged 11+, we recommend our original *Super B-Complex* formula which contains half the serving per tablet.

### Using *Super B-Complex Effervescent* effectively

Simply drop one tablet into 500ml/16oz of water. Alternatively, the tablet may be split and dissolved in 250ml/8oz water and taken morning and afternoon. B-vitamins can be stimulating so if you feel like you have too much energy in the evening and it is disrupting your sleep, try taking it earlier in the day, perhaps with lunch.

### Flavour preference

Flavour is subjective so whilst we suggest adding a tablet to 500ml water if you prefer a stronger flavour, you can safely add a tablet to less water, 250ml water for example. Similarly, if you choose to dilute the flavour, you can add a tablet to more water and add your preferred juice to mask the taste. Please note that the amount of water you use will affect the amount of fizz.

### Feeling the benefits

Some people feel the benefits of *Super B-Complex Effervescent* almost immediately, with increased energy; this tends to be those who are deficient in some of the B-vitamins. For others, the effects may be less obvious. Perhaps try recording your reasons for taking *Super B-Complex Effervescent* (e.g. symptoms) and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.



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Nutritionist

**Going above and beyond the NRV**

We often get asked why we use such high doses of B vitamins in *Super B-Complex Effervescent*. Firstly, the nutrient reference value (NRV) is the minimum amount needed to meet our requirements, but is the minimum enough? As B-vitamins are water-soluble, the body is very efficient at eliminating them; this is one reason why many of these vitamins don't have a maximum upper limit - the body simply eliminates any excess. With this in mind, we decided to meet our serving amount between the two, ensuring customers receive an optimal amount without exceeding the upper limit, where applicable.

**Taking other supplements alongside *Super B-Complex Effervescent***

Many people take other supplements alongside *Super B-Complex Effervescent*, a multivitamin for example, which often also contains one or more of the B-vitamins. If taking *Pure & Essential Multivitamin and Minerals*, we recommend taking one *Pure & Essentials Multivitamin and Mineral* tablet, and half a tablet of *Super B-Complex Effervescent* so as not to exceed the UL (upper limit) for some of the B-vitamins. You can apply this principle to any of your supplements; simply take half a tablet of *Super B-Complex Effervescent* per day to receive half the amount. If you're still unsure, feel free to contact us.

Required for energy production, *Super B-Complex Effervescent* provides vitamin C to support the actions of B-vitamins. As vitamin C absorption is saturated at 200mg, we provide an effective 160mg. For those looking for intensive vitamin C support, we recommend an additional vitamin C supplement enhanced with a slow-release technology, or in liposomal form, to bypass restricted absorption pathways.

**Bright yellow urine?**

If you have bright yellow urine as a side-effect of taking *Super B-Complex Effervescent*, don't worry. This is a perfectly normal reaction and occurs thanks to vitamin B2 which is naturally yellow and can become fluorescent in response to light. Fun fact: this is the reason for the slight yellowing of milk, which turns more yellow if left out of the fridge.

**Allergens and dietary needs**

*Super B-Complex Effervescent* is certified vegan and has no ingredients containing yeast, gluten, wheat, dairy and lactose.

**The use of sucralose**

We have added a small amount of sucralose to *Super B-Complex Effervescent* as it is a keto-friendly sweetener that is not metabolised by the body and simply passes through undigested without contributing to calorie or carbohydrate intake.

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**Ask a nutritionist**

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email [askourexperts@igennus.com](mailto:askourexperts@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

