



THE BENEFITS OF B VITAMINS

The B vitamins are a group of essential vitamins that are good for your daily health.* Because your body can't make these essential vitamins, you have to get them from food or supplements.

One benefit of B vitamins is they play a key role in transforming the food you eat into cellular energy.* Beyond cellular energy, B vitamins support many other processes throughout your body, and support overall health and wellness.*

WHAT ARE THE DIFFERENT B VITAMINS?

Because there are so many B vitamins, each one has both a name and a number. Learn more about these key B vitamins that help support your health.*

NIACIN (VITAMIN B3)

Niacin supports how your body converts food into cellular energy.* You can find niacin in a variety of foods, including poultry, beef, fish, nuts, beans, enriched cereals, and grains.

PANTOTHENIC ACID (VITAMIN B5)

Pantothenic acid helps turn the food you eat into cellular energy.* It's found in many foods, especially fortified breakfast cereals, meat, fish, milk, eggs, and avocados.

PYRIDOXINE (VITAMIN B6)

Vitamin B6 is involved in over 100 reactions in the body, including converting food into cellular energy.* Vitamin B6 is found in beans, fish, poultry, enriched cereals, bananas, winter squash, and potatoes.

BIOTIN (VITAMIN B7)

Biotin helps your body metabolize protein, fat, and carbohydrates, and also supports hair, skin, and nail health.* Biotin is found in eggs, fish, meat, seeds, nuts, and sweet potatoes.

FOLATE (VITAMIN B9)

Folate (also known as folic acid) is necessary for cells to divide, so it's especially important during pregnancy.* Folate is found in fruits and vegetables (especially dark, leafy greens), nuts, beans, seafood, and enriched breakfast cereals and grains.

COBALAMIN (VITAMIN B12)

Vitamin B12 supports red blood cell formation, nervous system health, and converts food into cellular energy.* Vitamin B12 is only found naturally in animal-based foods, like fish, meat, poultry, eggs and dairy products. Some plant-based foods like fortified breakfast cereals and fortified nutritional yeast have vitamin B12 added.

WHAT IF I'M VITAMIN B12 DEFICIENT?

Two groups, older adults and vegetarians/vegans, may need to be mindful of their B12 intake. As they age, older adults may have a harder time absorbing B12. Also, since B12 is only found naturally in animal-based foods, vegetarians and vegans may find it harder to get enough B12. If you think you have a vitamin B12 deficiency, consult your health care provider.

WHAT SUPPLEMENTS HAVE B VITAMINS?

There are several delicious B vitamin options with **vitafusion**[™] gummy vitamins, as a standalone or multivitamin supplement:

vitafusion B12 provides an excellent source of B12 per serving with a yummy raspberry flavor.

vitafusion extra strength B12[†] provides 3,000 mcg of B12 in each two-gummy serving with a delicious cherry flavor.

vitafusion biotin is bursting with blueberry flavor and 5,000 mcg of biotin in each serving, to support hair, skin, and nails, as well as fat, protein, and carbohydrate metabolism.*

Many **vitafusion multivitamins** contain B vitamins such as **vitafusion multivites**, **women's multi**, **men's multi**, and **50+ multi**.

There are so many benefits to B vitamins. Whether you want to enjoy them on their own or take a multivitamin with a variety of B vitamins, **vitafusion** has an option for you!

[†]Compared to 1,000 mcg of vitamin B12 per serving in vitafusion B12

Brought to you by the **vitafusion**[™] nutrition experts

***These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.**