

Solgar Vitamin B-Complex 100 Extra High Potency 250 Vegi Capsules

Fit Pharma Supplements



Georgia, Atlanta Location https://www.genclassifieds.com/x-815911-z

Solgar Vitamin B-Complex 100 Extra High Potency 250 Vegi Capsules \$11.95 - \$15.95

Vitamin B12 is a nutrient that your body doesn't make, so you have to get it from animal products, such as meats, dairy, and eggs, or from supplements. B12 is important because it keeps your nerve and blood cells healthy. The vitamin is water-soluble, meaning your body expels any excess through your pee. While B12 can be stored in your liver for up to five years, you can become deficient (lacking) in it if you don't get enough. Since vitamin B12 contains the mineral cobalt, it's sometimes known as cobalamin.

For More Info.

Visit: https://fitpharmasupplements.com/product/vitamin-b12/

Call/Text: (+1) 442-447-5185



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