



# BENEFITS OF VITAMIN B COMPLEX



neurological development and brain function



sex- and stress-related hormone production



healthy immune system function



healthy skin, hair, nails, and eyes



proper nervous system function



cell growth and development



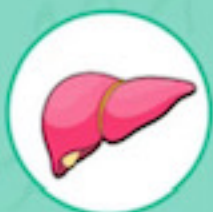
red blood cell production



a healthy digestive tract



energy production



liver function