

The El Loco Fwaba Xperience "Vitamin B"

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The B vitamins are a group of several individual vitamins

AKA the B complex vitamins

These nutrients help support and increase metabolism

They also enhance your immune and nervous systems

B vitamins promote cell growth and division with ease

As well as save you from cardiovascular disease

Vitamin B1 is thiamine

You can get these from the peas that are green

Potatoes, bananas, tuna and more

Chili peppers, liver oil, turkey galore

Eat your B complex vitamins today

Vitamin B2 is riboflavin

Don't get this and you'll have... ariboflavinosis

B number 3 is niacin

Which a lack of can cause problems to your skin

Potatoes, bananas, tuna and more

Chili peppers, liver oil, turkey galore

Eat your B complex vitamins today

Riboflavin

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