

# B Complex IV Therapy

## Quick Facts

Type	Blend of B Vitamins
Supports	Energy, metabolism, nervous system
Common Uses	Stress relief, energy boost, improved focus
Duration	Lasts days to weeks

## What it Does

B Complex vitamins work together to support metabolism, nervous system health, and energy production. They are crucial for stress management and overall vitality.

## Benefits

- Boosts energy naturally
- Reduces stress and fatigue
- Supports healthy metabolism
- Promotes brain and nerve health

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