



# B-Complex

## Comprehensive Support for Healthy Stress Response\*

B-Complex is a comprehensive supplement formulated to provide support for stress response but also cognitive performance, central nervous system function, and cardiovascular health.\*<sup>1,2,3</sup> The full range of B vitamins are included to ensure maximum coverage for all ages and needs. The newly updated formula now contains vitamin B12 as hydroxocobalamin chloride and adenosylcobalamin.

### How B-Complex Works

Each serving of B-Complex features an evidence-based dose from the comprehensive B vitamin family. The addition of bioactive vitamin B12 as hydroxocobalamin chloride and adenosylcobalamin is known to uniformly circulate in the blood for much longer than other forms of B12.\*<sup>5</sup> B-Complex contains all essential nutrients for promoting and supporting healthy cellular, metabolic and cognitive functions, as well as promoting normal and healthy enzymatic processes within the body.\*<sup>2,3</sup>

In modern clinical applications, a comprehensive B vitamin is often used for supporting healthy stress response and cognitive performance.\*<sup>1</sup> Research also shows the beneficial effects of B-Complex supplementation on the central nervous and cardiovascular system.\*<sup>6,7</sup>

Research suggests that B-Complex supplementation works through several mechanisms, including cellular metabolism, neuronal communication, cell-membrane dynamics, and immune system signals.\*<sup>8,9</sup>

B vitamin deficiency can be quite common, especially for the young and elderly, athletic individuals, vegetarians, and those following a gluten-free diet.\*<sup>10,11,12</sup> B-Complex is complemented with vitamin C to help support overall health at the cellular level and with enzymatic production.\*<sup>4</sup>

### B-Complex Supplementation

The ingredients in B-Complex are dosed in a manner that is congruous with what research suggests to be effective and safe, particularly for supporting stress response, cognitive performance, central nervous system function, and cardiovascular health.\*

Clinical evidence and research cited herein shows that the ingredients in B-Complex may:

- Support healthy stress response and mood\*
- Support cognitive performance\*
- Support healthy central nervous system function\*
- Support healthy cardiovascular function\*



**Form: 120 Capsules**

**Serving Size: 2 Capsules**

Ingredients	Amount	%DV
Vitamin C (as magnesium ascorbate)	100 mg	111%
Thiamin (as thiamine HCl)	100 mg	8,333%
Riboflavin	20 mg	1,538%
Niacin (as niacinamide and nicotinic acid)	140 mg NE	875%
Vitamin B6 (as pyridoxine HCl & pyridoxal-5-phosphate)	25 mg	1,471%
Folate (as calcium L-5-methyltetrahydrofolate)†	400 mcg DFE	100%
Vitamin B12 (as hydroxocobalamin chloride and adenosylcobalamin)	200 mcg	8,333%
Biotin	400 mcg	1,333%
Pantothenic Acid (as calcium-d-pantothenate)	150 mg	3,000%
Choline (as choline bitartrate)	100 mg	18%
Inositol	100 mg	*
Para Amino Benzoic Acid (PABA)	15 mg	*
Benfotiamine	5 mg	*

#### Other Ingredients:

Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

† As BioFolate® a federally registered trademark of MTC Industries, Inc.

#### Directions:

Take two capsules twice daily or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



\* 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.

#### References:

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