NutriDyn™

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.♦[1,2,3] The full range of B vitamins are included to ensure maximum coverage for all ages and needs.

How B-Complex Works

Each serving of B-Complex features an evidence-based dose from the comprehensive B vitamin family. 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.♦[2,3]

In modern clinical applications, a comprehensive B vitamin is often used for supporting healthy stress response and cognitive performance.♦[1] Research also shows the beneficial effects of B-Complex supplementation on the central nervous and cardiovascular system.♦[5,6]

Research suggests that B-Complex supplementation works through several mechanisms, including cellular metabolism, neuronal communication, cell-membrane dynamics, and immune system signals.♦[7,8]

B vitamin deficiency can be quite common, especially for the young and elderly, athletic individuals, vegetarians, and those following a gluten-free diet.♦[9,10,11] B-Complex is complemented with vitamin C to help support overall health at the cellular level and with enzymatic production.♦[4]

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 niacin)	140 mg	875%
Vitamin B6 (as pyridoxine HCl & pyridoxal-5-phosphate)	25 mg	1,471%
Folate (as [6S]-5-methyltetrahydrofolic acid glucosamine salt) (Quatrefolic®)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	400 mcg	16,667%
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:

Gelatin (capsule), dicalcium phosphate, microcrystalline cellulose, vegetable magnesium stearate.
Quatrefolic® is a registered trademark of Gnosis S.p.A., U.S. Patent No. 7,947,662.

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.*

GLUTEN-FREE · DAIRY-FREE · NON-GMO · PRODUCED IN A cGMP FACILITY

*** 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

For more information, visit: ***www.nutridyn.com***

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