

## BioActive Complete B-Complex

*The most complete, enzymatically active B-complex formula*

**Item #01945 • 60 vegetarian capsules**

Not only are B vitamins required to support normal metabolic function, but they also support healthy homocysteine levels and help facilitate cognitive function.<sup>1,2</sup> B vitamins must be replenished daily because they are water soluble and easily depleted from the body. Stress,<sup>3</sup> alcoholic beverages,<sup>4</sup> and some medications<sup>5</sup> can also quickly deplete B vitamins.

### Enzymatically Active B Vitamins

When conventional B vitamins are ingested, they must be enzymatically converted in the body to metabolically active forms.

The new BioActive Complete B-Complex provides enzymatically active forms of meaningful potencies of each B vitamin. This includes the *pyridoxal 5'-phosphate* form of vitamin B6 (the metabolically active form, shown to protect lipids and proteins against glycation reactions) and the most biologically active form of folate called *5-methyltetrahydrofolate* (5-MTHF).

5-MTHF is up to 7 times more bioavailable than folic acid and requires no enzymatic conversion to become metabolically active.<sup>6</sup> Studies show 5-MTHF achieves optimal blood levels of active folate<sup>7</sup> — and more importantly, supports healthy homocysteine levels in those within the normal range,<sup>8</sup> while promoting survival in human study subjects.<sup>9</sup> And unlike folic acid, 5-MTHF can cross the blood-brain barrier to facilitate cognitive function.<sup>10,11</sup>

The meaningful potencies and enzymatically active vitamins in BioActive Complete B-Complex deliver a full spectrum of key effects that most commercial B-complex supplements do not.

### References

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4. *Eur J Clin Nutr.* 2004;58(11):1518-24.
5. *Curr Concepts Nutr.* 1983;12:1-12.
6. *Br J Pharmacol.* 2004 Mar;141(5):825-30.
7. *Am J Clin Nutr.* 2006 Jul;84(1):156-61.
8. *Am J Clin Nutr.* 2003 Mar;77(3):658-62.
9. *Am J Nephrol.* 2008;28(6):941-8.
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### Two vegetarian capsules contain:

Thiamine (vitamin B1) (as thiamine HCl) .....	100 mg
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate) .....	75 mg
Niacin (as niacinamide and niacin) .....	100 mg
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate) .....	100 mg
Folate (as L-5-methyltetrahydrofolate calcium salt) ..	400 mcg
Vitamin B12 (as methylcobalamin) .....	300 mcg
Biotin .....	1,000 mcg
Pantothenic acid (as D-calcium pantothenate) .....	500 mg
Calcium (as D-calcium pantothenate, calcium sulfate, dicalcium phosphate) .....	60 mg
Inositol .....	100 mg
PABA (para-aminobenzoic acid) .....	50 mg

Other ingredients: vegetable cellulose (capsule), rice bran, stearic acid, silica.

### Non-GMO

### Dosage and use

- Take two capsules daily with food, or as recommended by a healthcare practitioner.

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**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.**