

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.^{1,2} B vitamins must be replenished daily because they are water soluble and easily depleted from the body. A deficiency of any one of the B vitamins can affect optimal functioning of organ systems throughout the body.

Enzymatically Active B Vitamins

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

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.³ Studies show 5-MTHF achieves optimal blood levels of active folate⁴ — and more importantly, supports healthy homocysteine levels in those within the normal range,⁵ while promoting survival in human study subjects.⁶ And unlike folic acid, 5-MTHF can cross the blood-brain barrier to facilitate cognitive function.^{7,8}

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

1. *Biomed Pharmacother.* 2001 Oct;55(8):448-53.
2. *N Engl J Med.* 2002 Feb 14;346(7):476-83.
3. *Br J Pharmacol.* 2004 Mar;141(5):825-30.
4. *Am J Clin Nutr.* 2006 Jul;84(1):156-61.
5. *Am J Clin Nutr.* 2003 Mar;77(3):658-62.
6. *Am J Nephrol.* 2008;28(6):941-8.
7. Available at: <http://www.cancer.gov/drugdictionary?cdrid=750726>. Accessed October 19, 2015.
8. *Altern Med Rev.* 2006 Dec;11(4):330-7.



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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