



B-Complex

A dietary supplement to support proper nerve function and relaxation.*

B Complex contains 11 Balanced B Vitamins: Thiamin (B1), Riboflavin (B2), Niacinamide (B3), Vitamin B6, Folic Acid, Vitamin B12, Biotin, Pantothenic Acid (B5), PABA, Choline and Inositol.

Recommended For:

- Nervous system support*
- Coping with stress and irritability*
- Cardiovascular support*

Nervous System Support:

- **Thiamin and Niacinamide** are required for normal brain function, cognitive activity and aid in energy production.* Thiamin is also needed for acetylcholine production, a neurotransmitter involved in learning and memory functions.
- **Vitamin B6** is needed for more than 100 enzymatic reactions in the body. Vitamin B6 is required for normal brain and nerve function, the synthesis of certain neurotransmitters and lipids that are part of the myelin sheath.*
- **Vitamin B12** is necessary for the maintenance of myelin, the fatty sheaths that cover and protect nerve endings.*
- **Biotin** supports healthy nerve tissue, aids in cell growth and fatty acid metabolism.*
- **Choline** is needed for the proper transmission of nerve impulses from the brain throughout the central nervous system.*

Relaxation Support:

- **Pantothenic Acid** plays a role in the production of the adrenal hormones and is required by all cells.* Pantothenic Acid may be helpful in managing irregular moods and stress.*
- **PABA** (para-aminobenzoic acid) helps in the assimilation of pantothenic acid and a deficiency may lead to irregular mood states, irritability and nervousness.*
- **Vitamin B12** has been shown to enhance sleep patterns, allowing for more restful and refreshing sleep.*
- **Inositol** has a calming effect and a deficiency may lead to mood swings and irritability.*

Cardiovascular Support:

- **Thiamin and Niacinamide** are needed for proper circulation.*
- **Riboflavin** is a necessary cofactor in the production of energy from carbohydrates, protein and fats.
- **Vitamin B6** is needed for proper metabolism of fat and cholesterol.* It is also involved in the process of transsulfuration, a pathway that breaks down homocysteine to prevent its buildup in the bloodstream.*
- **Folic Acid and Vitamin B12** are needed for the formation of red blood cells which help increase capillary blood flow and are necessary to recycle homocysteine into methionine.* Folic Acid is needed for energy production, protein metabolism and repair of RNA and DNA.
- **Biotin and Choline** aid in fat and cholesterol metabolism.*
- **Inositol** helps to maintain cholesterol levels within normal ranges.*

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving

| | |
|---------------------------------|---------|
| Thiamin | 75 mg |
| Riboflavin | 75 mg |
| Niacinamide | 75 mg |
| Vitamin B6 | 75 mg |
| Folic Acid | 400 mcg |
| Vitamin B12 (as Cyanocobalamin) | 75 mcg |
| Biotin | 300 mcg |
| Pantothenic Acid | 75 mg |
| PABA (para-aminobenzoic acid) | 75 mg |
| Choline | 75 mg |
| Inositol | 75 mg |

Other ingredients: vegetable (capsule) cellulose, vegetarian leucine, rice flour.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, take 1 capsule daily with a meal, or as directed by your 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.