

B-Complex

Comprehensive Support for
Healthy Stress Response*

B-Complex Supplementation

B-Complex is a comprehensive supplement formulated to provide support for stress response, 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. The newly updated formula now contains vitamin B12 as hydroxocobalamin chloride and adenosylcobalamin.

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 show 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*

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.*⁵ B-Complex contains all essential nutrients for promoting and supporting healthy cellular, metabolic, and cognitive functions, as well as normal and healthy enzymatic processes within the body.*^{2,3}

In modern clinical applications, a comprehensive B vitamin is often used to support healthy stress response and cognitive performance.*¹ Research also shows the beneficial effects of B-Complex supplementation on the central nervous and cardiovascular systems.*^{6,7}

Research suggests that B-Complex supplementation works through several mechanisms, including cellular metabolism, neuronal communication, cell-membrane dynamics, and immune system signals.*^{8,9}

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



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



NON-GMO



cGMP FACILITY

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

	Amount Per Serving	%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 and 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.

References:

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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.

For more information, visit: www.nutridyn.com