



Active B Complex

Biologically Active with Quatrefolic® Folate

- Provides the natural and most bioactive form of folate, Quatrefolic folate (6S)-5-MTHF, with no synthetic or racemic components
- Quatrefolic folate supplementation has a greater increase in plasma folate compared to folic acid and calcium 5-MTHF
- Contains most bioactive and bioavailable forms of each B vitamin, including methylcobalamin (B12), riboflavin 5'-phosphate (B2), and pyridoxal 5'-phosphate (B6)
- Broad-spectrum B complex, with inositol, biotin, and choline
- Suitable for vegetarians/vegans

Code: 9424 **NPN:** 80072239
Size: 60 Vegetarian Capsules
Actual Size: 23.24 mm x 8.44 mm



PRODUCT SUMMARY

Active B Complex provides the most biologically active forms and clinically relevant doses of a unique B vitamin combination. Quatrefolic folate provides (6S)-5-methyltetrahydrofolic acid (MTHF), the active form of folate at the cellular level, which is found in circulation and is the only form able to cross the blood brain barrier. This form of folate bypasses enzymatic conversion by methylene tetrahydrofolate reductase (MTHFR), an enzyme with common genetic polymorphisms known to impair activity. Quatrefolic acid administration has been associated with higher peak (6S)-5-MTHF levels than both folic acid and calcium 5-MTHF, with higher plasma folate levels even in those with high functioning MTHFR polymorphisms. It also shows a more rapid repletion of folate levels among pregnant women than folic acid, along with the ability to lower homocysteine without masking a B12 deficiency.

In addition to superior folate bioavailability, Active B Complex contains superior forms of each B vitamin. Benfotiamine is a lipid-soluble form of vitamin B1 with higher bioavailability than thiamine. It is used in the treatment of diabetic neuropathy because it blocks several hyperglycemic pathways and prevents endothelial dysfunction. Riboflavin 5'-phosphate and pyridoxal 5'-phosphate (PLP) are biologically active forms of B2 and B6. PLP is the most important member of the B6 group and is the active coenzyme for more than 100 enzymes, bypassing hepatic conversion to an active form. Active B Complex also provides clinically relevant doses of methylcobalamin, niacin, pantothenic acid, biotin, choline, and inositol.



ACTIVE B COMPLEX

BIOLOGICALLY ACTIVE WITH QUATREFOLIC® FOLATE

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 60

Each Vegetarian Capsule Contains:

Vitamin B1 (Thiamine Hydrochloride, Benfotiamine)	31.69 mg
Vitamin B2 (Riboflavin 5'-Phosphate Sodium)	10 mg
Niacin (Inositol Hexanicotinate)	100 mg
Pantothenic Acid (Calcium <i>d</i> -Pantothenate)	100 mg
Vitamin B6 (Pyridoxal 5'-Phosphate)	25 mg
Vitamin B12 (Methylcobalamin)	500 mcg
Folate (from (6S)-5-Methyltetrahydrofolic Acid (MTHF), Glucosamine Salt, Quatrefolic®)	400 mcg
Biotin	250 mcg
Choline (Citrate)	50 mg
Inositol (Inositol, Inositol Hexanicotinate)	50 mg

Non-medicinal Ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), silica, organic kale, organic alfalfa, organic cilantro leaf, organic parsley, caperberry, sprouted garlic, organic artichoke, organic black radish, organic dandelion, barley grass, pepper, organic celery seed, organic beetroot, organic tomato, wasabi rhizome, fresh freeze-dried sprouted broccoli, organic upland cress, daikon, red radish, organic cauliflower, organic cabbage, organic arugula, organic watercress leaf, grape, pomegranate, strawberry, organic cranberry, organic blueberry, raspberry, bilberry, organic Indian gooseberry, schizandra berry, red orange, organic acai berry, Theracurmin® curcumin, organic decaffeinated green tea extract, organic ginger rhizome, organic echinacea, organic oregano, organic peppermint, organic spearmint, organic spirulina, organic chlorella, red algae, blue green algae, kelp.

Recommended Adult Dose: 1 capsule per day with food or as directed by a health care practitioner.

Recommended Use: Helps to maintain the body's ability to metabolize nutrients. Helps to prevent thiamine, riboflavin, vitamin B3, biotin, pantothenic acid, vitamin B6, and vitamin B12 deficiencies. Helps in the formation of red blood cells and tissue, as well as normal growth and development. A factor in the maintenance of good health.

Caution: Keep out of reach of children.

Contraindications: No reports exist for neuropathies associated with pyridoxal 5'-phosphate, though doses of pyridoxine at 1–3 g per day have been associated with peripheral neuropathy when used in isolation. People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.

Drug Interactions: Although several classes of drugs are known to either interfere with B12 absorption or function, such as aminoglycosides, anticonvulsants, bile acid sequestrants, proton pump inhibitors, antihyperglycemic medications (Metformin), and acne therapy (isotretinoin), there are no known negative interactions caused by B12 supplementation with any medications. Metformin has been shown to deplete B12 and folate, and supplementation with B12 only in diabetics may be preferable.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Bioclinic Naturals® Canada
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