



**Code:** 9427

**Size:** 60 Vegetarian Capsules

# Enhanced B Complex

## Biologically Active with Quatrefolic® Folate

- Supports normal energy production, nutrient metabolism, liver function, immune function, and red blood cell production\*
- Helps maintain healthy hair, skin, and nails\*
- Contains full-spectrum B vitamins in their metabolically active forms that do not require conversion by the liver for utilization\*
- Provides a clinically studied amount of a metabolically active and bioavailable form of folate, Quatrefolic®
- Each capsule also provides metabolically active forms of each B vitamin, including methylcobalamin (B12), riboflavin 5'-phosphate (B2), and pyridoxal 5'-phosphate (B6)\*
- Suitable for vegetarians and vegans

### PRODUCT SUMMARY

Enhanced B Complex is a one-per-day formula providing full-spectrum B vitamins in their metabolically active forms.\* B vitamins are cofactors for many important mechanisms in the body, including healthy nutrient metabolism, energy production, growth and development, and liver function.\* B vitamins also help support normal immunity, red blood cell production, iron metabolism, as well as healthy skin, hair, and nails.\* This formula includes B vitamins in metabolically active forms, such as vitamins B12 (methylcobalamin) and B6 (pyridoxal 5'-phosphate), to maintain healthy nervous system function.\* It also includes 50 mg of choline and 400 mcg of folate (Quatrefolic). In addition, this formula contains vitamins B1, B2, B5, and B6, and niacin, with additional support from biotin and inositol. This convenient all-in-one B complex is an ideal supplement to help support healthy metabolism, energy, and overall health.\*

Adequate folate in healthy diets may reduce a woman's risk of having a child with a brain or spinal cord birth defect.\*<sup>1</sup> Quatrefolic is an active form of folate at the cellular level, found in circulation and the only one to cross the blood-brain barrier.\* It does not need to be converted to an active form by the enzyme methylene tetrahydrofolate reductase (MTHFR), known to have common single-nucleotide polymorphisms.\*<sup>2</sup> Quatrefolic acid administration has been associated with higher peak (6S)-5-MTHF levels than both folic acid and calcium 5-MTHF, even in individuals with high-functioning MTHFR polymorphisms.\*<sup>2-4</sup>

Methylcobalamin is a cofactor for B12-dependent enzymes and has direct biological activity.\* When combined with other B vitamins, it may help support various facets of health, though MTHFR status may impact the level of effectiveness.\*<sup>5-8</sup>



**To Place Your Order Email:** [customersupport@bioclinicnaturals.com](mailto:customersupport@bioclinicnaturals.com)  
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**ENHANCED B COMPLEX**  
**BIOLOGICALLY ACTIVE WITH QUATREFOLIC® FOLATE**

## Supplement Facts

Serving Size 1 Capsule		
	Amount Per Serving	% Daily Value
Thiamin (as thiamine hydrochloride, benfotiamine)	31.7 mg	2,642%
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	769%
Niacin (as inositol hexanicotinate)	100 mg NE	625%
Vitamin B6 (as pyridoxal 5'-phosphate monohydrate)	25 mg	1,471%
Folate (from (6S)-5-methyltetrahydrofolic acid (MTHF), glucosamine salt, Quatrefolic®)	680 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	500 mcg	20,833%
Biotin	250 mcg	833%
Pantothenic acid (as calcium D-pantothenate)	100 mg	2,000%
Choline (as dihydrogen citrate)	50 mg	9%
Inositol (as inositol, inositol hexanicotinate)	50 mg	**

\*\* Daily Value not established.

Other ingredients: Microcrystalline cellulose, vegetarian capsule (carbohydrate gum, purified water), magnesium stearate (vegetable grade), silica.

**Serving Size:** 1 Vegetarian Capsule

**Servings Per Container:** 60

**Suggested Usage:** 1 capsule per day with food or as directed by a health care professional.

**Caution:** Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

**Drug Interactions:** Although several classes of drugs, such as aminoglycosides, anticonvulsants, bile acid sequestrants, and proton pump inhibitors, antihyperglycemic medications (Metformin), and acne therapy (isotretinoin) are known to either interfere with B12 absorption or function, there are no known negative interactions caused by B12 supplementation with any medication.<sup>9-12</sup> Folate may decrease the effectiveness of phenobarbital, phenytoin, or primidone when given concurrently; it may also decrease the effectiveness of pyrimethamine.<sup>13</sup> When taken with amiodarone, vitamin B6 may increase photosensitivity.<sup>14</sup> Theoretically, riboflavin may decrease the effectiveness of tetracycline antibiotics.<sup>15</sup> Niacin may decrease the effectiveness of uricosurics, antidiabetics, and thyroid hormones.<sup>16</sup>

**Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, sesame, corn, 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

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· 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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