



Code: 9427 **NPN:** 80120273
Size: 60 Vegetarian Capsules

Enhanced B Complex

Biologically Active with Quatrefolic® Folate

- Supports 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 the most metabolically active forms, which do not require conversion by the liver for utilization
- Provides a clinically effective dose of the most active and bioavailable form of folate, Quatrefolic
- Each capsule also provides the most bioactive and bioavailable 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 from Bioclinic Naturals is a one-per-day formula providing full-spectrum B vitamins in their most metabolically active forms. B vitamins are cofactors for many important mechanisms in the body, including nutrient metabolism, energy production, growth and development, and liver function. B vitamins also help support immunity, red blood cell production, and iron metabolism, as well as healthy skin, hair, and nails. This formula contains B vitamins in their active forms, such as vitamins B12 (methylcobalamin) and B6 (pyridoxal 5'-phosphate), to support 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 metabolism, energy, and overall health.

Quatrefolic is an active form of folate at the cellular level, the form found in circulation and the only one to cross the blood-brain barrier. It may also be the optimal form for preventing neural tube defects. 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. Quatrefolic acid administration has been associated with higher peak (6S)-5-MTHF levels than both folic acid and calcium 5-MTHF, even in those with high-functioning MTHFR polymorphisms.

Methylcobalamin is a cofactor for B12-dependent enzymes and has direct biological activity. When combined with other B vitamins, it has been shown to reduce the risk of macular degeneration migraines, with effectiveness sometimes modulated by MTHFR status.



ENHANCED B COMPLEX

BIOLOGICALLY ACTIVE WITH QUATREFOLIC® FOLATE

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 60

Each Vegetarian Capsule Contains:

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|----------------------------------------------------------------------------------------------|---------|
| Vitamin B1 (Thiamine Hydrochloride, Benfotiamine)..... | 31.7 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, Monohydrate) | 25 mg |
| Vitamin B12 (Methylcobalamin)..... | 500 mcg |
| Folate (from (6S)-5-Methyltetrahydrofolic Acid (MTHF), Glucosamine Salt, Quatrefolic®) | 400 mcg |
| Biotin..... | 250 mcg |
| Choline (Dihydrogen 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.

Recommended Adult Dose (19 years and older): 1 capsule per day with food or as directed by a health care practitioner.

Recommended Use: Helps maintain the body's ability to metabolize nutrients. Helps in the normal function of the immune system, in the formation of red blood cells and tissues, as well as in the normal growth and development. Helps support liver function and maintain normal metabolism of iron. A factor in the maintenance of good health.

Caution: Keep out of reach of children.

Contraindications: No significant contraindications.

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 medications. Metformin has been shown to deplete B12 and folate, and supplementation with only B12 in diabetics may be preferable. Folate may decrease the effectiveness of phenobarbital, phenytoin, or primidone, when given concurrently; it may also decrease the effectiveness of pyrimethamine. When taken with amiodarone, vitamin B6 may increase photosensitivity. Theoretically, it may have additive effects with antihypertensive drugs. Theoretically, inositol may have additive effects with antidiabetes drugs. Theoretically, riboflavin may decrease the effectiveness of tetracycline antibiotics. Niacin may decrease the effectiveness of uricosurics, antidiabetics, and thyroid hormone. Theoretically, it may have additive effects with anticoagulant, antiplatelet, and antihypertensive drugs. When taken with statins, niacin may increase the risk of myopathy, and when taken with hepatotoxic drugs, it may increase the risk of hepatotoxicity.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, 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 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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