

Benfotiamine plus Sulbutiamine – Supports Healthy Nerve Function

About Benfotiamine plus Sulbutiamine

- Benfotiamine and sulbutiamine are highly bioavailable forms of thiamine (vitamin B1). This product provides 110 mg of vitamin B1 from 150 mg of benfotiamine and 13 mg of sulbutiamine.
- The bioavailability of benfotiamine is 2.6 times higher than that of regular thiamine.¹
- Benfotiamine increases thiamine levels in the blood and peripheral tissues, whereas sulbutiamine is able to cross the blood-brain barrier to increase thiamine levels in the brain.²
- Thiamine helps support the healthy function of nerves in individuals with polyneuropathy. Benfotiamine is more effective than regular thiamine in supporting healthy nerve function in individuals with polyneuropathy.³
- Thiamine also helps prevent thiamine deficiency. Though less than 10% of Canadians have inadequate levels of thiamine in their diets, women over age 70 are at slightly higher risk of inadequate intake (11.4%)⁴ as are women during pregnancy and lactation.⁵
- Thiamine helps in energy production and helps maintain the body's ability to metabolize nutrients such as carbohydrates, fats, and proteins.

How to Use Benfotiamine plus Sulbutiamine

- **Adults:** Take 1 capsule per day or as directed by a health care practitioner. For use beyond 6 weeks, consult a health care practitioner.
- **Adults (Polyneuropathy):** Take 1 capsule 3 times per day or as directed by a health care practitioner. For use beyond 6 weeks, consult a health care practitioner.

Cautions and Contraindications

- Consult a health care practitioner prior to use if you are pregnant or breastfeeding. Consult a health care practitioner if symptoms persist or worsen. Keep out of reach of children.
- Benfotiamine is generally well-tolerated when taken as directed. In a clinical study with 98 patients, some people experienced slight gastrointestinal discomfort in both treatment and placebo groups, with no difference between groups.⁶

Drug Interactions

- No known clinically relevant drug interactions.⁶

Quick Tips for Optimal Health

- Make time for physical activity. Exercise can help maintain mobility in neuropathy; talk with your health care practitioner to see which type of exercise is best for you.⁷ One study found that a supervised exercise program, including cardio and resistance training, significantly improved neuropathy symptoms and pain.⁸
- Eat a healthy diet. The Mediterranean, plant-based, and other healthy diets can help decrease inflammation, support antioxidant activity, and may even help improve neuropathy symptoms.⁹
- Stop smoking if you smoke, as smoking can both cause and worsen neuropathy symptoms, as can excessive alcohol consumption.¹⁰
- Cultivate healthy stress management. Stress management techniques such as breathing and stretching exercises can make more of a difference than you might think in supporting psychological well-being^{11,12} as well as help decrease neuropathic pain.¹³
- Let out your inner artist! Arts therapy may help support healthy stress management, as well as coping with chronic pain.¹⁴
- Get at least 7–9 hours of sleep.¹⁵ Keeping the bedroom quiet, cool, and dark will also help with sleep.¹⁶ Sleep supports health, and insufficient sleep can worsen neuropathic and other pain.¹⁷ Avoid electronic screens one hour before bed, as they can interfere with your body's circadian rhythm and your ability to fall asleep.¹⁸

PATIENT NAME: _____

PRACTITIONER NOTES:

PRACTITIONER CONTACT INFORMATION:

References

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