

Enhanced B Complex – Biologically Active with Quatrefolic® Folate

About Enhanced B Complex

- Enhanced B Complex is a one-per-day formula providing full-spectrum B vitamins in metabolically active forms.
- B vitamins are cofactors for many important mechanisms in the body, including nutrient metabolism, energy production, growth and development, and healthy liver function.*
- B vitamins also help support and maintain normal immunity, red blood cell production, iron metabolism, as well as healthy skin, hair, and nails.*
- Enhanced B Complex includes Quatrefolic folate, also known as (6S)-5-methyltetrahydrofolic acid (MTHF). This is the active form of folate at the cellular level, found in circulation, and the only form able to cross the blood-brain barrier.* Some people have a genetic variant in the MTHFR gene that may slow the conversion to active folate, a step this active form of folate bypasses.*¹⁻⁴
- Vitamin B1 is included as benfotiamine, a lipid-soluble bioavailable form of this B vitamin, shown to be both safe and to maintain normal glucose metabolism.*^{5,6}
- Enhanced B Complex provides the biologically active forms of other B vitamins, such as B2 and B6 as riboflavin 5'-phosphate and pyridoxal 5'-phosphate (PLP), as well as a full complement of B vitamins, including methylcobalamin (B12), B3, B5, choline, biotin, and inositol.

How to Use Enhanced B Complex

- Take 1 capsule per day with food or as directed by a health care professional.

Cautions and Contraindications

- 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, proton pump inhibitors, antihyperglycemic medications (metformin), and acne therapy (isotretinoin) are known to interfere with either B12 absorption or function, there are no known negative interactions caused by B12 supplementation with any medication.⁷⁻⁹ Folate may decrease the effectiveness of phenobarbital, phenytoin, or primidone when given concurrently; it may also decrease the effectiveness of pyrimeth-

amine.¹⁰ When taken with amiodarone, vitamin B6 may increase photosensitivity. Theoretically, riboflavin may decrease the effectiveness of tetracycline antibiotics.¹¹ Niacin may decrease the effectiveness of uricosurics, antidiabetics, and thyroid hormones.¹²

Quick Tips for Optimal Health

- B vitamins cannot be synthesized in the body and therefore need to be obtained from dietary or supplemental sources. In general, whole grains, fruits, and vegetables are the best sources of most B vitamins.
- B12 is not found in any plant-based foods, unless they have been specifically fortified. People consuming a completely plant-based diet need to ensure they are supplementing with B12 to avoid a deficiency.¹³
- B vitamin supplementation may help support cognitive health, and adequate intake may help maintain healthy levels of homocysteine already within the normal range.*¹⁴
- Because B vitamins are involved in many enzymatic processes, lower intake of these vitamins may have far-reaching effects. For example, maintaining the recommended intakes of B1, B2, B6, and B12 may help support a healthy mood.*¹⁵
- Genetics may also have an impact; for example, bioavailable forms of folic acid and riboflavin may help support normal function in people with a genetic variant in the MTHFR gene.*
- Riboflavin supplementation has been shown to support healthy blood pressure already within the normal range in people with a variant in the MTHFR gene.*¹⁶
- In individuals with a variant in the MTHFR gene, active folate may help maintain levels of homocysteine already within the normal range, thus supporting cardiovascular health.*¹⁷

USER NAME: _____

PROFESSIONAL NOTES:

PROFESSIONAL CONTACT INFORMATION:

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References

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