



Code: 9424

Size: 60 Vegetarian Capsules

Actual Size: 23.24 mm x 8.44 mm



Active B Complex

Biologically Active with Quatrefolic® Folate

- Provides the most bioactive form of folate, Quatrefolic folate (6S)-5-MTHF*
- Quatrefolic folate supplementation has a greater increase in plasma folate compared to folic acid and calcium 5-MTHF*
- Contains the 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

PRODUCT SUMMARY

Active B Complex includes the highly available forms of B vitamins in a unique B vitamin combination.^{1,2} Quatrefolic folate provides (6S)-5-methyltetrahydrofolate 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 that may impair activity. Quatrefolic acid administration has been associated with higher peak (6S)-5-MTHF levels than folic acid and calcium 5-MTHF.* It also shows a more rapid repletion of folate levels than folic acid, along with the ability to maintain homocysteine levels already within the normal range without masking a B12 deficiency.*³⁻⁶

In addition to superior folate bioavailability, Active B Complex contains optimally bioavailable forms of each B vitamin. Benfotiamine is a lipid-soluble, bioavailable form of vitamin B1.* It may help support nerve health in the legs and feet by helping to maintain normal endothelial function.*⁷⁻⁹ 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.¹⁰ Active B Complex also has meaningful amounts of methylcobalamin, niacin, pantothenic acid, biotin, choline, and inositol.



ACTIVE B COMPLEX

BIOLOGICALLY ACTIVE WITH QUATREFOLIC® FOLATE

| Supplement Facts | | |
|--|----------------------------------|---------------|
| Serving Size 1 Capsule | | |
| | Amount Per Serving | % Daily Value |
| Thiamin (Hydrochloride, Benfotiamine) | 30 mg | 2,500% |
| Riboflavin (Riboflavin 5'-Phosphate Sodium) | 10 mg | 769% |
| Niacin (Inositol Hexanicotinate) | 100 mg | 625% |
| Vitamin B6 (Pyridoxal 5'-Phosphate) | 25 mg | 1,471% |
| Folate (from (6S)-5-Methyltetrahydrofolic Acid (MTHF), Glucosamine Salt, Quatrefolic®) | (400 mcg folic acid) 680 mcg DFE | 170% |
| Vitamin B12 (Methylcobalamin) | 500 mcg | 20,833% |
| Biotin | 250 mcg | 833% |
| Pantothenic Acid (Calcium D-Pantothenate) | 100 mg | 2,000% |
| Choline (Citrate) | 50 mg | 9% |
| Inositol | 25 mg | ** |
| Benfotiamine | 10 mg | ** |

** Daily Value not established.

Other ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, magnesium stearate (vegetable grade), 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 and fresh freeze-dried sprouted broccoli, organic upland cress, daikon, red radish, organic cauliflower, organic cabbage, organic arugula, organic watercress leaf, grape, pomegranate, strawberry, 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.

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.

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.¹¹ 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.^{12–15} Metformin has been shown to deplete B12 and folate, and supplementation with B12 only in diabetics may be preferable.¹⁶

Contains no artificial colors, 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

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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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