

Super B-Complex

Comprehensive Support for Healthy Stress Response



Recommended by
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DESCRIPTION

Super B-Complex is a comprehensive supplement formulated to provide support for stress response, cognitive performance, central nervous system function and cardiovascular health. The full range of B vitamins are included to ensure maximum coverage. The formula also features vitamin B12 as hydroxocobalamin chloride and adenosylcobalamin.

FUNCTIONS

Each serving of Super B-Complex features an evidence-based dose from the comprehensive B vitamin family. The addition of bioactive vitamin B12 as hydroxocobalamin chloride and adenosylcobalamin is known to uniformly circulate in the blood for much longer than other forms of B12.¹ Super B-Complex contains all essential nutrients for promoting and supporting healthy cellular, metabolic and cognitive functions, as well as promoting normal healthy enzymatic processes within the body.

In clinical applications, a comprehensive B vitamin is often used for supporting healthy stress response and cognitive performance. Studies also show the beneficial effects of B-complex supplementation on the central nervous and cardiovascular system.²

Research suggests that B-complex supplementation works through several mechanisms, including: cellular metabolism, neuronal communication, cell-membrane dynamics and immune system signals. Actual B vitamin deficiency can be quite common, especially for the young, elderly, athletes, vegetarians and those following a gluten-free diet. Super B-Complex is complemented with vitamin C to help support overall health at the cellular level and to support enzymatic production.

INDICATIONS

Super B-Complex may be a useful dietary supplement for those wishing to support:

- Healthy stress response and mood
- Cognitive performance
- Healthy central nervous system function
- Healthy cardiovascular function

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

FORMULA (WW #10408)

Two Vegetarian Capsules Contain:

Vitamin C (as magnesium ascorbate)	100 mg
Thiamin (as thiamine HCl)	100 mg
Riboflavin.....	20 mg
Niacin (as niacinamide and nicotinic acid)...	140 mg NE
Vitamin B6	25 mg (as pyridoxine HCl and pyridoxal-5-phosphate)
Folate.....	400 mcg DFE (as calcium L-5-methyltetrahydrofolate)
Vitamin B12	200 mcg (as hydroxocobalamin chloride and adenosylcobalamin)
Biotin.....	400 mcg
Pantothenic acid (as calcium-d-pantothenate)	150 mg
Choline (as choline bitartrate).....	100 mg
Inositol	100 mg
Para amino benzoic acid (PABA)	15 mg
Benfotiamine.....	5 mg
Other Ingredients: Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.	

SUGGESTED USE

Take two capsules twice daily, or as directed by a healthcare professional.

SIDE EFFECTS

Caution: If pregnant, nursing, or taking any medication, consult your healthcare practitioner before use.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

1. Calderon-Ospina, CA Nava-Mesa, MO: B Vitamins in the nervous system. Current knowledge of the biochemical modes of action and synergies of thiamine, pyridoxine and cobalamin. CNS Neurosci Ther. 2020 Jan;26(1): 5-13.
2. O'Leary, F. Samman, S. Vitamin B12 in Health and Disease. Nutrients. 2010 Mar; 2(3):299-316.

Manufactured For:

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