



## B-Complex

*Indicated for Mental & Metabolic Support*

These methylated B vitamins are essential to our holistic health and well-being, *necessary for brain function, energy levels, and cellular metabolism*. These vitamins are water soluble, which means they deplete quickly from the body.

Supplementation is recommended to support B vitamin stores when regular nutritional intake of leafy greens, meats, and legumes aren't sufficient. These capsules contain *an assortment of essential methylated B vitamins in concentrations that will help meet daily intake needs*.

### Suggested Use

Take 1-2 capsules with breakfast or as directed by a qualified health professional.

### Other Ingredients

Thiamin, Folate, Vitamin B12, Biotin, Pantothenic acid, Magnesium Stearate and Gelatin Capsule.

The ingredients in this product are supplied by a well-respected USA and/or European vendors, and they are HPLA analyzed for purity and quality. These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

### This Formula Includes:

#### **Niacinamide** (*non-flushing B3*)

Required for the function of fats and sugars in the body and to maintain healthy cells. Useful for mental disorders and depression. Also protects the skin and has anti-aging properties.



#### **Vitamin B2** (*Riboflavin*)

Improves growth of cells, energy production and breakdown of fats. Assists in brain function, migraine prevention & skin protection.

#### **Vitamin B6**

Assists over 100 enzymes to breakdown proteins, carbohydrates, and fats. Supports heart, immune and brain health. Key in treating depression, nausea and dementia among many other benefits.

