

Active B Complex



Absolute Health

Clinical Applications

- Supports Energy Production and Proper Amino Acid Utilization
- Encourages Optimal Mental Health and Feeling of Well-Being
- Supports a Strong Immune System
- Helps Balance Female Hormones During Pregnancy or Menstruation

Active B Complex is a combination of the eight vitamins which form the B complex, with added choline and trimethylglycine. Working together as a team, the B vitamins are critical nutrients that act as required 'keys' to unlock the potential of various enzymatic reactions in the body and, thus, support a healthy metabolism. The modern refined diet is high in sugar, alcohol, and devitalized foods, which lead to lower levels of B vitamins. Stress, many medications, and the aging process may also lower B vitamin levels. Without adequate B vitamins, many of the body's chemical processes become slow and inefficient.

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

Thiamine (Vitamin B1)

Vitamin B1 is needed for energy production, heart function, and the health of the brain and nervous system. Severe thiamin deficiency is often a result of heavy alcohol misuse which can lead to serious brain damage due to its major role in energy production. Animal studies showed that chronic alcohol application in conjunction with severe thiamin deficiency resulted in profound changes in neuroimmune genes, with a moderate to severe increase of proinflammatory cytokines within the thalamus, hippocampus and frontal cortex.¹ B1 also helps remove lead from the body.² Thiamin deficiencies are associated with energy, cardiovascular, and neurological disorders as vitamin B1 is an essential cofactor for several energy pathway enzymes to produce ATP.^{3,4}

Riboflavin (Vitamin B2): Antioxidant

Vitamin B2, also known as riboflavin, is another B vitamin that helps the body turn food into energy and is considered a powerful antioxidant.⁵ Patients with low thyroid function may have an increased need for vitamin B2, particularly in the activated form known as riboflavin-5-phosphate.⁶ Taking riboflavin imparts a yellow color to the urine which is harmless.

Niacinamide: Antioxidant Aiding Cellular Function and Brain Health

Niacinamide is needed to metabolize food (carbohydrates, fats, and proteins) and is an essential factor in central nervous system health and function.¹⁰ The liver can convert niacin into niacinamide by adding an amine group. Biological responses to niacin, nicotinic acid and niacinamide are virtually equivalent when taken in common doses. Clinical signs of early niacinamide deficiency include lack of appetite, muscular fatigue, indigestion, depression, insomnia, headaches, glossitis, and skin lesions. Severe deficiency may lead to pellagra, with dermatitis, dementia, diarrhea, and possibly death (the "4 Ds" of pellagra).^{8,9} Niacinamide (also known as nicotinamide) has been shown in research to protect and even regenerate islet cells of the pancreas and may be helpful for blood sugar support.^{10,11} Concentrations of NAD⁺ decrease in the aging process and may be associated with age-related pathologies, such as neurodegenerative diseases, and increase in NAD concentrations via nicotinamide supplementation may be an effective anti-aging therapy and prevent age-related associated disorders.^{9,10}

Vitamin B6: For Good Health

Vitamin B6 in Active B Complex is presented as pyridoxine and the activated form known as pyridoxal-5-phosphate (P5P). Vitamin B6 plays an important role in vital life processes, which include amino acid metabolism, hemoglobin production, the efficient functioning of the nervous and immune systems, and the modulation of blood sugar.¹² B6 supports overall female hormonal balance and is very useful in the management of PMS,³ as well as nausea and vomiting that may accompany pregnancy.¹² Vitamin B6 is shown to downregulate oxidative stress mechanisms, playing a role in cognitive function; thus a low serum level of B6 is suggested to play a role in the pathophysiology of Alzheimer's disease.^{12,13} The active form of vitamin B6, (P5P), plays a vital role in the synthesis of several stress and mood-related neurotransmitters—GABA, serotonin, dopamine, epinephrine and norepinephrine — as a necessary cofactor for conversion.¹⁴ Vitamin B6 deficiency can reduce levels of these neurotransmitters, which may lead to increased anxiety, depression, and stress-related disorders.¹⁴ Deficiency is also linked to increased levels of homocysteine, and patients with deficiency exhibited a six-fold higher risk of cardiovascular disease than healthy patients.¹⁵

Folate: For Wellness

Folate status plays a vital role in brain health and neurodevelopment from conception through adulthood as a necessary nutrient for proper DNA methylation and one-carbon metabolism.¹⁶ Active B Complex includes the patented folate derivative Quatrefolic®, an innovative form of folate that has demonstrated high bioavailability and solubility as well as long lasting stability. Quatrefolic® is made from a concentrated organic spinach powder containing a blend of natural folates, including 5-methyltetrahydrofolate (5-MTHF) and 5-formyltetrahydrofolate with additional fortified 5-formyltetrahydrofolate as calcium folinate.

Vitamin B12: A Must Supplement for Strict Vegetarians

Vegetarians are particularly susceptible to low vitamin B12 levels, as B12 is the only B vitamin found exclusively in animal products. Pregnant vegans need to supplement months prior to pregnancy because pregnancy increases B12 requirements. Mothers undersupplied with B12 may have babies with neurological problems. If left untreated, B12 deficiency can manifest in serious hematological and neurological disorders.¹⁷ Methylcobalamin is the activated and more bioavailable form of B12 that better supports the methylation pathways and has been shown to slow cognitive decline and gray matter atrophy.¹⁸

*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.

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Active B Complex



Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1) (as Thiamin HCl)	100 mg 8333%	Vitamin B-12 (as Methylcobalamin) (MecobalActive®)	250 mcg 10477%
Riboflavin (Vitamin B-2) (as Riboflavin and Riboflavin-5-Phosphate)	50 mg 3846%	Biotin (as d-Biotin)	2000 mcg 6667%
Niacin (Vitamin B-3) (as Niacinamide)	50 mg NE 313%	Pantothenic Acid (as d-Calcium Pantothenate)	100 mg 2000%
Vitamin B-6 (as Pyridoxine HCl and Pyridoxal-5-Phosphate)	50 mg 2941%	Choline (as Choline Dihydrogen Citrate)	30 mg 5%
Folate (as Quatrefolic® [6S]-5-methyltetrahydrofolate, glucosamine salt)	340 mcg DFE 85%	Trimethylglycine (TMG)	200 mg *

Other Ingredients: Cellulose (capsule), stearates (vegetable source), silicon dioxide.

Quatrefolic® is covered by U.S. Patent No. 7,947,662 and is a registered trademark of Gnosis S.p.A.

Directions

As a dietary supplement, take one capsule per day with a meal, or as directed by your health care practitioner. Dosing recommendations are given for typical use based on an average 150-pound healthy adult.

Does Not Contain

Gluten, corn, yeast, artificial colors, and flavors.

Caution

If you are pregnant or nursing, consult your physician before taking this product.



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