SUSTAINED RELEASE

ENDUR-B®

COMPLEX

Promotes energy metabolism & heart health



Since 1978

WHAT IS IT?

ENDUR-B® Complex features high-potency B vitamins in a proprietary vegetable-based wax-matrix specifically designed to release B vitamins gradually over 5 to 7 hours for optimal absorption and tissue retention.

HOW DOES IT WORK?

ENDUR-B supports energy metabolism, promotes heart health, and helps maintain the blood homocysteine level in the normal range.

Elevated homocysteine is a risk factor for coronary heart disease (CHD) with each 5 mmol/L increase in homocysteine level increasing the risk of CHD events by approximately 20%, independent of traditional CHD risk factors.¹

The prevalence of hyperhomocysteinemia may vary significantly between populations, and most likely depends on age, diet, and genetic background. Increasing age, male sex, smoking, coffee intake, high blood pressure, unfavorable blood lipid profile, high creatinine and poor diet are some of the factors associated with increased homocysteine levels. By contrast, physical activity, moderate alcohol consumption, and adequate folate and vitamin B12 status are associated with lower homocysteine levels.²

WHO CAN BENEFIT?

For healthy adults, especially dieters, athletes, mature adults, and people interested in heart health, to ensure an optimal intake of B vitamins or to fuel higher metabolic demands.

PRODUCT AVAILABILITY

Bottle Size(s): 150, 300 tablets

PRACTITIONER DISTRIBUTION

■ WholeScript[™] (www.wholescript.com)



Supplement Facts Serving Size 1 Tablet		
Amount Per Tablet	% Daily Value	
Thiamin (as thiamin mononitrate)	15 mg	1250%
Riboflavin (Vitamin B2)	17 mg	1308%
Niacin (as	200	1250%
niacinamide)	mg	
Vitamin B6 (as pyridoxine HCl)	20 mg	1176%
Folic Acid 667	7 mcg DFE	167%
(400 mcg folic acid)		
Vitamin B12 (as	60 mcg	2500%
cyanocobalamin)		
Biotin	300 mcg	1000%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2000%

Other Ingredients: Calcium phosphate, vegetable wax (rice bran and/or carnauba), stearic acid (vegetable), magnesium stearate (vegetable), modified cellulose, and silica.

Suggested Use: Take one (1) tablet daily with a full glass of water, preferably with a meal.

- 1. Humphrey LL, et al. *Mayo Clin Proc.* 2008;83:1203-1212.
- 2. Ganguly P, et al. Nutr J. 2015;14:6.



RESEARCH HIGHLIGHTS

Promotes whole body health

B vitamins are essential to produce a wide variety of bioactive compounds involved in the function of all organs and tissues. Key actions include:³

- Thiamin plays a critical role in metabolism, muscle coordination and nerve function as well as promotes the healthy function of the brain, heart, digestive system and other organs.
- Riboflavin plays a central role in metabolism, healthy cell formation and antioxidant protection. It also helps activate other B vitamins.
- Niacin, like many B vitamins, primarily works as a cofactor that activates cellular enzymes. Niacin plays a key role in the body's ability to release energy from food and to produce numerous bioactive compounds. It plays a special role in maintaining healthy skin, digestion and nerves.
- Vitamin B6 converts to bioactive cofactors that activate cellular enzymes. More than 100 different enzymes use these cofactors to function, including enzymes involved in protein metabolism, glucose balance, nerve and immune health and more.
- Folic acid is essential for the body to produce new cells. It is needed to regulate and maintain cellular health, ensure a normal, healthy pregnancy, support red blood cell formation, and promote healthy homocysteine metabolism.
- Vitamin B12 plays a key role in cellular health, nerve health and heart health.
- **Biotin** plays a central role in energy metabolism, but is also required to regulate cellular health, nourish skin, hair and nails and promote optimal glucose metabolism.^{4,5}

 Pantothenic acid converts into two bioactive forms (coenzyme A and acyl carrier protein) that play a central role in the body's ability to release energy from food as well as activate over 100 biochemical steps involved in the body's production of a wide variety of bioactive compounds.

Helps maintain blood homocysteine level in the normal range

Folic acid, vitamin B6 and vitamin B12 are directly involved in helping to maintain a normal blood homocysteine level. Vitamin B12 and folate are required for the remethylation of homocysteine to the amino acid methionine, and vitamin B6 is required for the conversion of homocysteine to cystathione and ultimately to the amino acid cysteine. Both reactions are involved in reducing the circulating level of homocysteine. Elevated homocysteine is a risk factor for CHD.

Supports cardiovascular health

The ability of B vitamins to support healthy homocysteine metabolism may provide other CVD benefits. Some researchers believe an elevated blood homocysteine level can lead to endothelial cell damage, reduce flexibility of blood vessels, alter hemostasis, and promote inflammation.

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- 3. Ross AC, et al. *Modern Nutrition in Health and Disease.* 11th ed. Lippincott Williams & Wilkins; 2014.
- 4. Tomlinson DJ, et a. J Dairy Sci. 2004;87(4):797-809.
- 5. Fernandez-Mejia C. *J Nutr Biochem.* 2005;16(7):424-427.
- 6. Lyon P, et al. Nutrients. 2020;12(9):2867.
- 7. Ganguly P, et al. Nutr J. 2015;14:6.