

ADVANCED B-COMPLEX



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WHAT IS IT?

B-Complex consists of the 8 B-Vitamins: B1, B2, B3, B5, B6, B7, B9 and B12. Together the B-Vitamins work to metabolize protein, carbohydrates and fats. As a whole they increase energy production, boost metabolism, prevent stress and support immunity, heart health, and brain function. Advanced B-Complex delivers biologically active forms of the B-Vitamins in balance ratios and science backed doses to promote optimal health. B-Vitamins are essential, meaning we must obtain them externally.

THE B VITAMINS

While all the B-Vitamins share similar properties, they each assist the body uniquely as well.

Thiamine (B1): Important in nerve, muscle and heart health. B1 is needed to develop the protective coating on our nerves and regulates the growth and function of cells.

Deficiency symptoms: Confusion, motor problems, and mood disorders.

Riboflavin (B2): Needed for healthy red blood cells, immune health, and heart health. B2 is required for energy production and for digestive system function and integrity.

Deficiency symptoms: Mouth and lip sores, cracks at the corner of the mouth, night-blindness, swollen tongue, bloodshot eyes, and dandruff.

Niacin (B3): Primarily indicated for heart health, B3 lowers LDL cholesterol and improves circulation. It has anti-inflammatory properties.

Deficiency symptoms: Canker sores, poor circulation, bright red tongue, and burning sensation in the mouth.

Pantothenic Acid (B5): Helps the body cope with stress and downregulates cortisol. B5 assists in regulating neurotransmitters and helps create red blood cells.

Deficiency symptoms: insomnia, depression, irritability, and burning feet.

Pyridoxine (B6): This is a versatile vitamin that increases brain cell communication, promotes immune function, boosts mood, and supports cardiovascular health.

Deficiency symptoms: scaly, red rashes, depression, swollen tongue, and histamine issues.

Biotin (B7): Fortifies and contributes to healthy hair, skin and nails. Rebuilds tissues and promotes healthy mucous membranes.

Deficiency symptoms: Hair loss, red rashes on the face, dry eyes, and breaking nails.

Folic Acid (B9): Needed in the synthesis and protection of DNA. B9 is necessary for mental and emotional health, and is most needed in pregnancy.

Deficiency symptoms: mouth sores, weakness, anemia, neurological issues, and reduced taste.

Methylcobalamin (B12): Supports brain and nervous system health. Needed in memory and learning, and prevents pernicious anemia.

Deficiency symptoms: Extreme fatigue, tingling in fingers and toes, headaches, and lack of focus. related damage, DNA and tissue damage, and increased aging processes. High levels of AGEs have been linked to diabetes, inflammation, oxidative stress, Alzheimer's, and renal failure.



BRAIN HEALTH [LEARN MORE](#)

- Improves overall brain function
- Needed to produce neurotransmitters
- Supports structure and function



ANTI-AGING [LEARN MORE](#)

- Supports mitochondria
- Contributes to DNA repair
- Prevention of diseases of degeneration



INCREASING ENERGY [LEARN MORE](#)

- Increases energy production in the body
- Alleviates mental fatigue
- Supports physical energy