

ULTRA B ACTIVE

PEAK PERFORMANCE



Vitamin B is of particular interest to athletes because of the role this group of vitamins play in many metabolic processes that are directly related to performance – including but not limited to energy production, red blood cell formation and muscle building/repair.

MECOBALAMIN B12

The bioavailable and metabolically active coenzyme form of vitamin B12 – mecobalamin – is more readily absorbed by the liver than its counterpart cyanocobalamin. It's best known for boosting energy, B12 is generally not found in plant foods, so vegan and vegetarian diets benefit most from taking this supplement.

THIAMINE HYDROCHLORIDE B1

The activated form of vitamin B1 plays an important role in converting carbohydrates into energy. Without thiamin, the nervous system can't function and everyday abilities like walking, cognition and speech are impaired.

RIBOFLAVIN SODIUM PHOSPHATE B2

The activated form of vitamin B2, which supports the body converting food into energy. It also helps other vitamins do their job including folate, vitamin B6, niacin, iron and vitamin K.



“A major function of vitamin B is the metabolism of proteins and amino acids. The most biologically active form of vitamin B is pyridoxal 5-phosphate (PLP). During exercise, the gluconeogenic process involves the breakdown of amino acids for energy in muscle and the conversion of lactic acid to glucose in the liver, whereby various PLP-containing enzymes are necessary for this metabolically driven process (Manore, 2000).”

[READ BLOG](#)

WHEN TO TAKE FOR BEST PERFORMANCE OUTCOMES?

As vitamin Bs help break down food for energy, they are best taken in the morning, even before a morning workout. They are water soluble so don't need to be taken with food.



Pip Taylor
Performance Dietician

ULTRA B ACTIVE is Informed Sport certified.

Informed Sport is a quality assurance and certification programme for sports supplements globally. The presence of the Informed Sport certification symbol means that every batch of a product has been tested for more than 250 prohibited substances as per World Anti-Doping Agency (WADA) guidelines.

To access your relevant batch certificate, [head to our Batch Testing Library](#)



RELEVANT STUDIES

“Several studies have examined the effect of vitamin deficiency on work performance. For example, Van Der Beek et al (1994), who depleted 24 healthy men of thiamine, riboflavin, and vitamin B-6 over an 11-week metabolic feeding period, found that vitamin depletion significantly decreased maximal work capacity (VO₂max) by 12%, peak power by 9%, and mean power by 7%.”

[READ STUDY](#)

Impact of supplementation with vitamins B6, B12, and/or folic acid...

This review identified evidence of a reduction of plasma homocysteine levels in MCI patients taking vitamins B6, B12, and/or folic acid supplements, with statistically significant declines being observed after 1 month of supplementation.

[READ STUDY](#)

Folate and vitamin B6 from diet and supplements in relation to risk of coronary heart disease among women...

These results suggest that intake of folate and vitamin B6 above the current recommended dietary allowance may be important in the primary prevention of CHD among women.

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