

B Complex

Comprehensive B Vitamin



DESIGNS
FOR SPORT™

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B Complex is a powerful combination of B vitamins mostly supplied in their coenzymated forms so the body does not have to phosphorylate them in order to be used in biochemical reactions. This formula also includes the patented folate derivative Quatrefolic®- this innovative form of folate has demonstrated high bioavailability and solubility as well as long lasting stability. TMG and choline are also included to support methylation.

B vitamins are a family of water-soluble nutrients that were discovered together at the beginning of the 20th century, initially thought simply to be “vitamin B.” As nutrition advanced, however, it was learned that they are in fact a family of compounds, each with a distinct role to play in promoting health. B vitamins are now known to play critical roles in modulating biochemistry and metabolism, and represent the most common vitamins utilized by the body as cofactors for facilitating enzymatic function. The modern refined diet, high in sugar, alcohol, and devitalized foods, leads to lower levels of B vitamins. Many medications and stress may lower B vitamin levels. While B vitamins have mainly been researched individually, they also have therapeutic power when taken together.

KEY INGREDIENTS

- 8 B vitamins in their activated forms that make up the B complex
- Choline & Trimethylglycine to support methylation and genetic expression

BENEFITS

- Energy production
- Metabolism of amino acids, fats and carbohydrates
- Encourages optimal mental health, brain activity and feelings of well-being
- Helps balance female hormones, especially during pregnancy, menstruation or other key phases in a woman's life
- Promotes the production and maintenance of healthy blood cells and joints
- Supports a strong immune system
- Assists with the maintenance of healthy blood sugar levels
- Possesses antioxidant properties, thus helps fight damage to cell membranes

CONSIDERATIONS

- **Niacin and Niacinamide:** Avoid both of these forms in high doses if you have jaundice, heart conditions including angina and rheumatic heart disease, ulcers, gastritis, renal failure, or gout.
- **Vitamin B6:** Do not take B6 with the drug levodopa, as it can inactivate it. Lactating women should not take more than 50 mg of B6 per day, as higher doses may suppress lactation.
- **Folate:** Avoid folate (and folic acid supplements) when taking the drug methotrexate.

HOW TO TAKE:

As a dietary supplement, take one capsule per day, or as directed by your health care practitioner.



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 10417%
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

*Daily Value not established.