

ACTIVE B-COMPLEX

B-VITAMINS PLAY ESSENTIAL ROLES IN MANY FUNCTIONS OF THE BODY.

Optimal folate and B vitamin intakes are associated with healthy neurological function as well as cardiovascular support.*^{1,2} Each B-vitamin exists in multiple forms, often referred to as vitamers. Active forms of vitamers are those that can be directly utilized by the body immediately. Active B-Complex features a balanced, hypoallergenic blend containing the active forms of Vitamins B2, B6, B12, as well as Quatrefolic®-branded methylfolate (the bioactive form of folic acid).

B-VITAMINS IN THE BODY

The B-vitamins in Active B-Complex play an essential role in many functions in the body including:

- Thiamin (vitamin B1) is a coenzyme for glucose metabolism and cellular energy production and is required for cells of the nervous system and many physiological functions.*¹
- Riboflavin (as riboflavin-5'-phosphate and vitamin B2) contributes to cell function, growth, and energy production.*¹
- Vitamin B6 (as pyridoxial-5'-phosphate and pyridoxine HCl) is required for neurotransmitter synthesis, specifically serotonin, dopamine, and gamma-aminobutyric acid (GABA).^{*3}
- Folate (as Quatrefolic® brand (6S)-5-Methyltetrahydrofolate, glucosamine salt) is an essential nutrient for the central nervous system and immune system and influences homocysteine and vitamin B12.*^{1,4}
- Vitamin B12 (as methylcobalamin) is an important coenzyme essential to nervous system function specifically related myelin synthesis, energy metabolism and methionine production.*⁵



REFERENCES

1. Kennedy DO et al. *Nutrients*. 2016;8(2):68.
2. Wald DS et al. *BMJ*. 2002;325(7374):1202.
3. Stover PJ et al. *Adv Nutr*. 2015;6(1):132-3.
4. Maggini S et al. *Nutrients*. 2018;10(10):1531.
5. Calderon-Ospina CA et al. *CNS Neurosci Ther*. 2020;26(1):5-13.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.