



Code: 9427 **NPN:** 80120273
Size: 60 Vegetarian Capsules

Enhanced B Complex

Biologically Active with Quatrefolic® Folate

- Supports energy production, nutrient metabolism, liver function, immune function, and red blood cell production
- Helps maintain healthy hair, skin, and nails
- Contains full-spectrum B vitamins in the most metabolically active forms, which do not require conversion by the liver for utilization
- Provides a clinically effective dose of the most active and bioavailable form of folate, Quatrefolic
- Each capsule also provides the most bioactive and bioavailable forms of each B vitamin, including methylcobalamin (B12), riboflavin 5'-phosphate (B2), and pyridoxal 5'-phosphate (B6)
- Suitable for vegetarians and vegans

PRODUCT SUMMARY

Enhanced B Complex from Bioclinic Naturals is a one-per-day formula providing full-spectrum B vitamins in their most metabolically active forms. B vitamins are cofactors for many important mechanisms in the body, including nutrient metabolism, energy production, growth and development, and liver function. B vitamins also help support immunity, red blood cell production, and iron metabolism, as well as healthy skin, hair, and nails. This formula contains B vitamins in their active forms, such as vitamins B12 (methylcobalamin) and B6 (pyridoxal 5'-phosphate), to support nervous system function. It also includes 50 mg of choline and 400 mcg of folate (Quatrefolic). In addition, this formula contains vitamins B1, B2, B5, and B6, and niacin, with additional support from biotin and inositol. This convenient all-in-one B complex is an ideal supplement to help support metabolism, energy, and overall health.

Quatrefolic is an active form of folate at the cellular level, the form found in circulation and the only one to cross the blood-brain barrier. It may also be the optimal form for preventing neural tube defects. It does not need to be converted to an active form by the enzyme methylene tetrahydrofolate reductase (MTHFR), known to have common single-nucleotide polymorphisms. Quatrefolic acid administration has been associated with higher peak (6S)-5-MTHF levels than both folic acid and calcium 5-MTHF, even in those with high-functioning MTHFR polymorphisms.

Methylcobalamin is a cofactor for B12-dependent enzymes and has direct biological activity. When combined with other B vitamins, it has been shown to reduce the risk of macular degeneration migraines, with effectiveness sometimes modulated by MTHFR status.



ENHANCED B COMPLEX

BIOLOGICALLY ACTIVE WITH QUATREFOLIC® FOLATE

Serving Size: 1 Vegetarian Capsule

Servings Per Container: 60

Each Vegetarian Capsule Contains:

Vitamin B1 (Thiamine Hydrochloride, Benfotiamine).....	31.7 mg
Vitamin B2 (Riboflavin 5'-Phosphate Sodium)	10 mg
Niacin (Inositol Hexanicotinate).....	100 mg
Pantothenic Acid (Calcium <i>d</i> -Pantothenate).....	100 mg
Vitamin B6 (Pyridoxal 5'-Phosphate, Monohydrate)	25 mg
Vitamin B12 (Methylcobalamin).....	500 mcg
Folate (from (6S)-5-Methyltetrahydrofolic Acid (MTHF), Glucosamine Salt, Quatrefolic®)	400 mcg
Biotin.....	250 mcg
Choline (Dihydrogen Citrate).....	50 mg
Inositol (Inositol, Inositol Hexanicotinate).....	50 mg

Non-medicinal Ingredients: Vegetarian capsule (carbohydrate gum [cellulose], purified water), microcrystalline cellulose, vegetable grade magnesium stearate (lubricant), silica.

Recommended Adult Dose (19 years and older): 1 capsule per day with food or as directed by a health care practitioner.

Recommended Use: Helps maintain the body's ability to metabolize nutrients. Helps in the normal function of the immune system, in the formation of red blood cells and tissues, as well as in the normal growth and development. Helps support liver function and maintain normal metabolism of iron. A factor in the maintenance of good health.

Caution: Keep out of reach of children.

Contraindications: No significant contraindications.

Drug Interactions: Although several classes of drugs, such as aminoglycosides, anticonvulsants, bile acid sequestrants, and proton pump inhibitors; antihyperglycemic medications (Metformin); and acne therapy (isotretinoin) are known to either interfere with B12 absorption or function, there are no known negative interactions caused by B12 supplementation with any medications. Metformin has been shown to deplete B12 and folate, and supplementation with only B12 in diabetics may be preferable. Folate may decrease the effectiveness of phenobarbital, phenytoin, or primidone, when given concurrently; it may also decrease the effectiveness of pyrimethamine. When taken with amiodarone, vitamin B6 may increase photosensitivity. Theoretically, it may have additive effects with antihypertensive drugs. Theoretically, inositol may have additive effects with antidiabetes drugs. Theoretically, riboflavin may decrease the effectiveness of tetracycline antibiotics. Niacin may decrease the effectiveness of uricosurics, antidiabetics, and thyroid hormone. Theoretically, it may have additive effects with anticoagulant, antiplatelet, and antihypertensive drugs. When taken with statins, niacin may increase the risk of myopathy, and when taken with hepatotoxic drugs, it may increase the risk of hepatotoxicity.

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References available at bioclinicnaturals.com



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Bioclinic Naturals® Canada
Burnaby, BC V3N 4T6
bioclinicnaturals.com

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Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | **U.S. Distribution office** 14224 167th Avenue SE, Monroe, WA, USA 98272

Customer Service 1-888-826-9625 · Fax 1-877-433-9862 · Email customerservice@bioclinicnaturals.com

Enhanced B Complex – Biologically Active with Quatrefolic® Folate

About Enhanced B Complex

- Enhanced B Complex is a one-per-day formula providing full-spectrum B vitamins in their most metabolically active forms.
- B vitamins are cofactors for many important mechanisms in the body, including nutrient metabolism, energy production, growth and development, and liver function.
- B vitamins also help support immunity, red blood cell production, iron metabolism, and healthy skin, hair, and nails.
- Enhanced B Complex provides Quatrefolic folate, also known as (6S)-5-methyltetrahydrofolate acid (MTHF). This is the active form of folate at the cellular level found in circulation and the only form able to cross the blood-brain barrier. Some people have a genetic variant in the MTHFR gene that slows down the conversion to the active form of folate, a step this active form of folate bypasses.¹⁻⁴
- Vitamin B1 is provided as benfotiamine, a lipid-soluble bioavailable form of this B vitamin, shown to be both safe and able to support glucose metabolism.^{5,6}
- Enhanced B Complex provides the biologically active form of other B vitamins, such as B2 and B6 as riboflavin 5'-phosphate and pyridoxal 5'-phosphate (PLP), as well as a full complement of B vitamins, including methylcobalamin (B12), B3, B5, choline, biotin, and inositol.

How to Use Enhanced B Complex

- Take 1 capsule per day with food or as directed by a health care practitioner.

Cautions and Contraindications

- No significant contraindications. Keep out of reach of children.

Drug Interactions

- Although several classes of drugs, such as aminoglycosides, anticonvulsants, bile acid sequestrants, proton pump inhibitors, antihyperglycemic medications (metformin), and acne therapy (isotretinoin) are known to either interfere with B12 absorption or function, there are no known negative interactions caused by B12 supplementation with any medications.⁷⁻⁹ Metformin has been shown to deplete B12 and folate, and supplementation with only B12 in diabetics may be preferable.¹⁰

PATIENT NAME: _____

PRACTITIONER NOTES:

Quick Tips for Optimal Health

- B vitamins cannot be synthesized in the body and, therefore, need to be obtained from dietary or supplemental sources. In general, whole grains, fruits, and vegetables are the best sources of most B vitamins.
- B12 is not found in any plant-based foods unless it has been specifically fortified. People consuming a completely plant-based diet need to ensure they are supplementing with B12 to avoid a deficiency.¹¹
- B vitamin supplementation has been associated with the prevention of cognitive decline, and adequate intake may be particularly important for people with an elevated homocysteine level.¹²
- Because B vitamins are involved in so many enzymatic processes, lower intake of these vitamins has been associated with a wide range of conditions. For example, lower intake of B1, B2, B6, and B12 has been associated with a greater risk of low mood.¹³
- Genetics may also influence the optimal amount and form of each B vitamin necessary; for example, a higher dose or more bioavailable forms of folic acid and riboflavin may be helpful for people with a genetic variant in the MTHFR gene.
- Riboflavin supplementation has been shown to improve blood pressure more effectively in people with a variant in the MTHFR gene.¹⁴
- Homocysteine, a cardiovascular risk factor, is also not reduced as effectively with the standard form of folic acid supplementation among people with a variant in the MTHFR gene.¹⁵

PRACTITIONER CONTACT INFORMATION:

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