

Liquid B-Complex

Biologically Active To Deliver The Most Efficient Form Of B Vitamins



Support your diet with essential nutrients that help convert food into fuel to remain energized throughout the day

B-Complex contains eight B vitamins – B1, B2, B3, B5, B6, B7, B9, B12 – which play an integral role so the body can run like a well-oiled machine. While many of the following vitamins work in tandem, each has its own specific benefits — from promoting healthy skin and hair to preventing memory loss or migraines.

The Benefits of B Vitamins

Vitamin B1 (Thiamin) – Often referred to as the anti-stress vitamin, B1 has the ability to protect the immune system. Thiamin is essential for the functioning of the heart, muscles and nervous system. It helps to convert carbohydrates into energy and also aids the body in regenerating new cells. Benfotiamine is the most bioavailable form of B1.

Vitamin B2 (Riboflavin) – This B vitamin works as an antioxidant to help fight free radicals (particles in the body that damage cells) and may prevent early aging and the development of heart disease. Riboflavin is also important for red blood cell production, which is necessary for transporting oxygen throughout the body. Several studies suggest B2 can help stave off migraines, but more research is still needed. Riboflavin also promotes healthy skin and vision.

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Unit Size:	16 oz. (500 ml.)
Serving Size:	1 Tablespoon
Servings / Units:	32 servings per container
Units to a Case:	12
Flavor:	Orange Passion Fruit



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Vitamin B3 (Niacin) – One of the primary uses for niacin is to boost HDL cholesterol (the good cholesterol). The higher a person's HDL, the lower bad cholesterol will appear in the blood. Vitamin B3 deficiency is very rare in developed countries, though alcoholism has been shown to lower B3 levels in some individuals. Used topically and ingested, Niacin has been found to treat acne. It also supports normal enzyme function and digestion.

Vitamin B5 (Pantothenic Acid) – Small amounts of B5 are found in just about every food group — its name even says so. Pantothenic comes from the Greek word pantothen, meaning “from everywhere.” In addition to breaking down fats and carbs for energy, it's responsible for the production of sex and stress-related hormones including testosterone. Studies show B5 also promotes healthy skin with the ability to reduce signs of aging skin, such as redness and skin spots.

Vitamin B6 (Pyridoxine) – Along with B9 and B12, vitamin B6 helps regulate levels of the amino acid homocysteine (associated with heart disease). Pyridoxine is a major player in mood and sleep patterns because it helps the body produce serotonin, melatonin and norepinephrine, a stress hormone. Some studies suggest vitamin B6 can reduce inflammation for chronic conditions, such as rheumatoid arthritis.

B7 (Biotin) – Known as the “beauty vitamin”, Biotin supports healthy hair, skin and nails. It may also help control high blood glucose levels for people with diabetes. This B vitamin is especially important during pregnancy because it's vital for healthy prenatal growth.

B9 (Folate) – This B vitamin is also referred to as folic acid, which is the synthetic form used in supplements and fortified foods such as bread and cereal. Studies suggest folate may help keep depression at bay and prevent memory loss. It is also especially important for women who are pregnant, as it helps support the growth of the baby and can lower the risk of neurological birth defects.

B12 (Methylcobalamin) – The complete team player, Methylcobalamin works with vitamin B9 to produce red blood cells and helps iron do its job – to create the oxygen carrying protein, hemoglobin. Since vitamin B12 is only found in animal products, studies show higher rates of deficiency with non-meat eaters.

Complementary Products

- B-12 (Methylcobalamin) Raspberry Flavor – 1 oz. liquid dropper
- Vitamin B-12 with Folic Acid & B-6 – 1 oz. liquid dropper
- Daily Energy B-12 Methylcobalamin – 1 oz. liquid dropper (5000 mcg)
- BioActive B-Complex – 90 VegiCaps



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