



## What Is BioActive Complete B-Complex?

Are you getting enough vitamin B? There are more forms of it than you may think, and each plays a different role. So it's important to get a wide spectrum of the vitamin B family, every day. BioActive Complete B-Complex is made with the biologically active forms of each nutrient, optimizing absorption and giving your body what it needs to thrive.

*Getting your Bs doesn't have to be difficult. Get the biologically active forms of these vitamins you need to thrive.*

### BioActive Complete B-Complex Benefits

- Boosts energy production and promotes a healthy metabolism
- Encourages brain, cellular and organ health
- More biologically active so your body can use each nutrient more effectively

### Product Details

100 mg of vitamin B1 (thiamine)—Thiamine helps convert carbohydrates into usable energy.<sup>1</sup> It also supports healthy nervous system function and production of both RNA and DNA.<sup>2,3</sup>

75 mg of vitamin B2 (riboflavin)—Our formula contains vitamin B2 in the form of riboflavin and riboflavin-5'-phosphate, the active form of the nutrient. The body converts riboflavin to its riboflavin-5'-phosphate form, which the body then uses for energy production.<sup>4</sup>

100 mg of vitamin B3 (niacin)—Niacin supports healthy energy transfer reactions. It affects healthy metabolism of glucose, fat and alcohol. Plus, it supports healthy cholesterol levels for those already within normal range.<sup>5</sup>

500 mg of vitamin B5 (pantothenic acid)—Vitamin B5 is an essential cofactor in energy metabolism,<sup>6</sup> hormone synthesis, neurotransmitter signaling and the oxidation of fatty acids.<sup>7</sup>

100 mg of vitamin B6 (pyridoxine HCl and pyridoxal 5'-phosphate)—Vitamin B6 participates in amino acid and lipid metabolism. Along with B5, it is a cofactor in neurotransmitter and hemoglobin synthesis. B6 is also involved in gluconeogenesis, the formation of glucose from non-carbohydrate sources. And while pyridoxine must

be converted by the liver into pyridoxal 5'-phosphate before it can be utilized, our formula includes this nutrient from the start.<sup>8,9</sup>

1,000 mcg of biotin—This B vitamin is a cofactor of enzymes involved in fatty acid metabolism. It's also essential to maintaining metabolic homeostasis, or the balance between your body's many chemical pathways and processes.<sup>10</sup>

680 mcg of folate (5-MTHF)—Folate helps maintain red blood cell production within normal range and also helps the body make and maintain healthy DNA.<sup>11</sup> The active form of folate is up to seven times more bioavailable than folic acid. Plus, BioActive Complete B-Complex delivers 50 mg of para-aminobenzoic acid (or PABA) to encourage folic acid synthesis.



300 mcg of vitamin B12 (methylcobalamin)—Vitamin B12 affects nerve cell growth and supports heart health by helping to maintain healthy homocysteine levels already within normal range.<sup>4-7</sup> Methylcobalamin B12 is the form that is biologically active in the brain.<sup>12-14</sup>

100 mg of inositol—This B vitamin is a primary component of phospholipids that make up cellular membranes. Inositol is essential for calcium and insulin signal transduction—the unique chemical reactions that occur when molecules attach to a receptor on a cell's membrane.<sup>15,16</sup>

BioActive Complete B-Complex provides all the daily vitamin B benefits the body needs. It's the perfect complement to any well-rounded nutritional regimen.

Supplement Facts	
Serving Size 2 Vegetarian Capsules • Servings Per Container 30	
Amount Per Serving	% Daily Value
Thiamine (vitamin B1) (as thiamine HCl)	100 mg 8333%
Riboflavin (vitamin B2) (as riboflavin and riboflavin 5'-phosphate)	75 mg 5769%
Niacin (as niacinamide and niacin)	100 mg** 625%
Vitamin B6 (as pyridoxine HCl and pyridoxal 5'-phosphate)	100 mg 5862%
Folate (as L-5-methyltetrahydrofolate calcium salt)	680 mcg† 170%
Vitamin B12 (as methylcobalamin)	300 mcg 12500%
Biotin	1000 mcg 3333%
Pantothenic acid (as D-calcium pantothenate)	500 mg 10000%
Calcium (as D-calcium pantothenate, dicalcium phosphate)	50 mg 4%
Inositol	100 mg **
PABA (para-aminobenzoic acid)	50 mg **

\*\*Daily Value not established.  
\*\*NE (niacin equivalents). †DFE (dietary folate equivalents).

Other ingredients: vegetable cellulose (capsule), microcrystalline cellulose, stearic acid, purified water, silica.