

## B-Complex with Metafolin® L-5-MTHF

Energy metabolism and neurological health<sup>‡</sup>

### DESCRIPTION

B-Complex is a combination of B vitamins, including vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>5</sub>, B<sub>6</sub>, B<sub>12</sub>, biotin and folate (as Metafolin® L-5-MTHF), all of which are provided in their optimal bioavailable and functional forms.<sup>‡</sup>

### INDICATIONS

- Support for energy metabolism<sup>‡</sup>
- Support for neurological health<sup>‡</sup>

### FUNCTIONS AND MECHANISM OF ACTION

B vitamins play important roles in nearly all physiological systems in the body. Some of the key supportive roles involve nutrient and energy metabolism. B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and psychological health. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health, DNA synthesis and energy metabolism. At the molecular level, the main function of folate is to donate methyl groups in key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. In addition, folate promotes the production of healthy DNA. In conjunction with vitamins B<sub>12</sub> and B<sub>6</sub>, folate helps to support healthy homocysteine metabolism, cardiovascular function and neurological health. Folate is offered in this formula as 5-methyltetrahydrofolate (5-MTHF), the universally metabolized and biologically active form of folate, providing support for individuals with genetic variations in the MTHFR gene. Genetic variations affecting activation and metabolism of supplemental folic acid are highly prevalent. Through bypassing several enzymatic activation steps, 5-MTHF is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations. Vitamin B<sub>12</sub>, as methylcobalamin, works with 5-MTHF to support methylation of homocysteine. Methylcobalamin also supports neuronal function and healthy brain cell activity.<sup>‡</sup>

### FORMULA (#202676)

Serving Size 1 Vegetarian Capsule:

Thiamine (vitamin B <sub>1</sub> , as thiamine HCl).....	100 mg
Riboflavin (as vitamin B <sub>2</sub> and 60% riboflavin 5' phosphate) .....	12.7 mg
Niacin (vitamin B <sub>3</sub> , as niacinamide and inositol hexaniacinate).....	108 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% pyridoxal HCl and 40%.....	16.7 mg
pyridoxal 5'phosphate)	
Folate (as Metafolin®, L-5-MTHF) .....	667 mcg DFE
	(400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin) .....	400 mcg
Biotin.....	400 mcg
Pantothenic Acid (vitamin B <sub>5</sub> , as calcium pantothenate) .....	100 mcg

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate

Gluten-free, Non-GMO

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

### SUGGESTED USE

As a dietary supplement, adults take 1 capsule, 1-2 times daily, as directed by your health professional.

### WARNING

If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

Keep out of reach of children.

## STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

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**For more information on B-complex, visit [douglaslabs.com](http://douglaslabs.com)**

‡These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.

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