

Active B-Complex

Description

Product number B017A - 100 VeCaps

Renewed, modified formula! This new product replaces the old version of B017A.

Vitamin B complex with both the common B vitamins and their coenzyme forms. This renewed and improved formula has recently been expanded with methyl tetrahydrofolate, the coenzyme form of the vitamin folic acid. N.B. This renewed, modified version has per capsule compared to the normal version of the Super B-Complex (B017) half dose of B vitamins and an adjusted / reduced amount of vitamin B6.

B vitamins are water soluble and contribute as cofactors of many enzymes to:

- a normal energy-yielding metabolism
- the reduction of tiredness and fatigue
- normal functioning of the nervous system and normal mental performance
- the maintenance of normal red blood cells, skin and mucous membranes
- the maintenance of normal vision
- the protection of cells against oxidative stress
- the normal metabolism of iron
- normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- a normal metabolism of proteins and glycogen
- the normal functioning of the immune system
- A normal synthesis of cysteine and the normal metabolism of homocysteine
- the regulation of hormonal activity
- normal formation of red blood cells and normal course of the cell division process

Ingredients and% Reference Intake per Vegicapsule:

Vit. B1 (thiamine-HCl) 10 mg 811%
Vit. B1 (thiamine cocarboxylase) 3.75 mg 222%
Vit. B2 (riboflavin) 10 mg 714%
Vit. B2 (riboflavin-5-phosphate) 3.75 mg 201%
Vit. B3 (niacinamide) 20 mg 94%
Vit. B3 (inositol hexaniacinate) 20 mg 97%
Vit. B5 (calcium pantotenate) 32.5 mg 496%
Vit. B5 (panthetin / Coenzyme A) 5 mg 83%
Vit. B6 (pyridoxal-5-phosphate) 3.5 mg 160%
R + Alpha lipoic acid 2.5 mg
5-Methyltetrahydrofolate (active folic acid) 200 mcg 100%
Vit. B12 (hydroxycobalamin) 25 mcg 957%
Vit. B12 (dibencoside) 25 mcg 842%
Vit. B12 (methylcobalamin) 25 mcg 988%
N, N-dimethylglycine (pangamic acid / B15) 7.5 mg
Betaine 10 mg
PABA 15 mg
Biotin 125 mcg 250%
Choline 25 mg (elem.)
Inositol 25 mg
Taurine 25 mg
Vit. C (ascorbic acid) 40 mg 50%

Capsule wall: HPMC. **Fillers:** microcrystalline cellulose, calcium phosphate. **Anti-caking agents:** silicon dioxide, vegetable magnesium stearate. This product does not contain gluten, lactose, milk proteins or animal gelatin.

Usage and warnings:

Adults: 1 capsule daily with meals. Do not exceed recommended dosage. Keep out of reach of children. This dietary supplement is not suitable for children up to and including 3 years old. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet. Close the packaging well after use and store in a dry place (not in the refrigerator due to condensation). Shorter shelf life after opening.