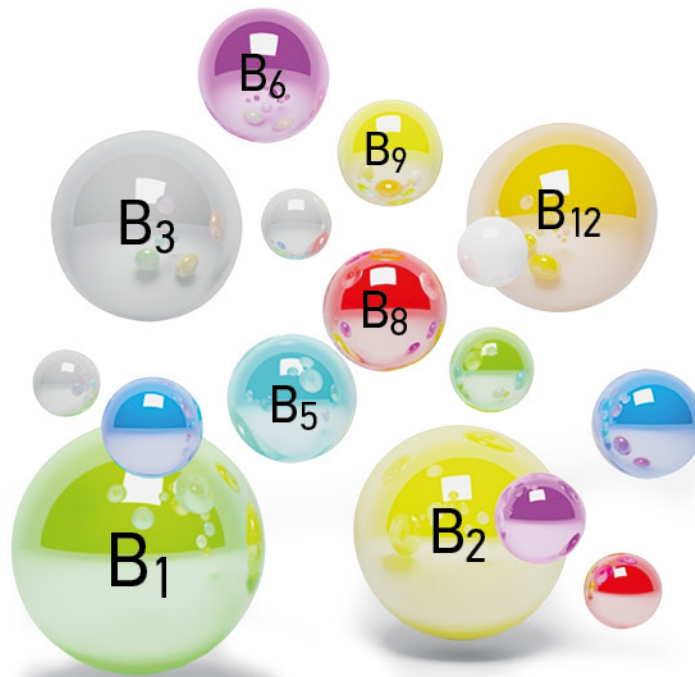


# B-COMPLEX FORMULA

FORMULA

for a Healthy Nervous System  
& Energy-Yielding Metabolism



*Dietary Supplement*

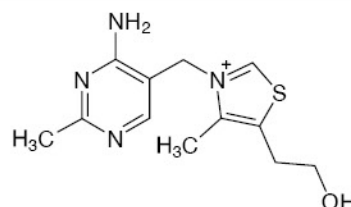
120 tablets



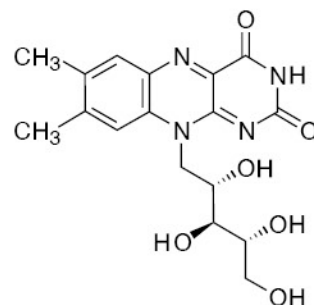
Cellular metabolism depends on the accessibility of **B-complex vitamins**. Each of the vitamins in the B-Complex group is either a coenzyme for important metabolic processes, or is a precursor needed for the formation of a certain coenzyme.

## B VITAMINS

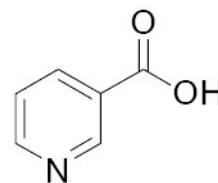
- **B1 (Thiamin)**, is the necessary coenzyme needed both for the metabolism of carbohydrates and for the production of acetylcholine.



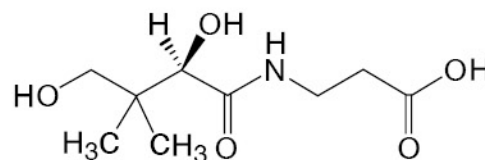
- **B2 (Riboflavin)**, after having turned into its bioactive form (riboflavin 5-phosphate) so as to be able to be used by the body, is a precursor for the formation of coenzymes. Vitamin B2 in the form of riboflavin 5-phosphate is a constituent of the prosthetic groups (FAD and FMN). These are flavoproteins who take part in oxidation - reduction (redox) reactions at numerous metabolic pathways, as well as in energy production through the respiratory chain.



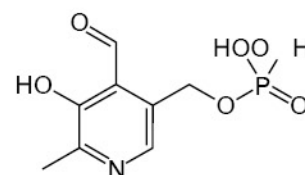
- **B3 (Niacin)**, is a precursor for the formation of coenzymes and plays an important role in energy transfer reactions for the metabolism of sugars, fats and alcohol.



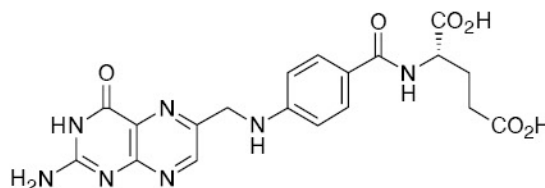
- **B5 (Pantothenic acid)** is a precursor for the production of Coenzyme-A (CoA) which is needed for the metabolism of a number of molecules e.g. amino acids, fatty acids, phospholipids etc.



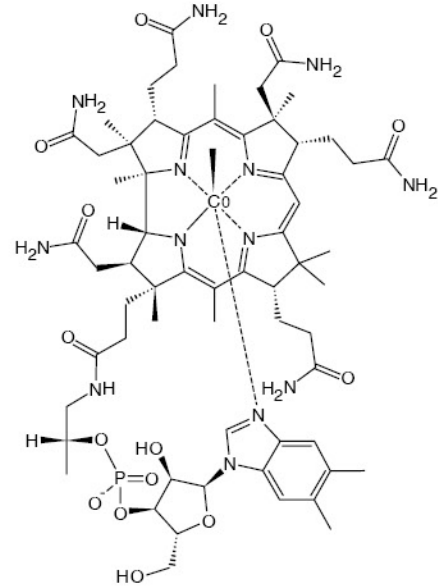
- **B6 (Pyridoxine)** in the form of pyridoxal 5-phosphate is an important coenzyme for decarboxylation (deamination of amino acids e.g. of 5-hydroxy-tryptophan into serotonin, a coenzyme in transamination reactions where the body is supplied by non-essential amino acids).



- **B9 (Folic acid)** interacts with Vitamin B12 for DNA synthesis that is a necessary component for all the cells in the body.



- **B12 (methylcobalamin)** which is its active form, is the necessary coenzyme for the processing of carbohydrates, proteins and fats and participates in the formation of red blood cells. It is also required for the maintenance of the nerve sheaths.
- **B8 (Inositol)** is an important intermediate key element of the body's second messengers and also the dominant component of phospholipids found in cell membranes which is involved in many biological processes.



All the **B vitamins interact with one another. The key feature of Doctor's Formulas Vitamin - B Complex** is that it contains all the necessary vitamins of the **B Complex Group**. They contribute to the normal functioning of the metabolic process aimed at energy production, they protect cells from oxidative stress and reduce fatigue and tiredness.

COMPOSITION IN ACTIVE INGREDIENTS	Per daily dose (2 tabs)	% RAD
Vitamin B1 (as Thiamine)	100 mg	9.090%
Vitamin B2 (as riboflavin 5 - Phosphate)	70 mg	5.000%
Vitamin B3 (as Niacin)	100 mg	625%
Vitamin B5 (as Pantothenic Acid)	72 mg	1.200%
Vitamin B6 (as Pyridoxine 5 - Phosphate)	100 mg	7.142.8%
Vitamin B9 (as Folic Acid)	400 mcg	200%
Vitamin B12 (as Methylcobalamin)	100 mcg	4.000%
Inositol	100 mg	
Para - Aminobenzoic Acid (PABA)	50 mg	

## DOSAGE

- Take 2 tablets daily.

**Bibliography:** 1. National Academy of Sciences. 2. Institute of Medicine. Food and Nutrition Board, ed. (1998). «Chapter 8 - Folate». 3. Dietary Reference Intakes for Thiamine, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin and Choline. Washington, D.C.: National Academy Press. Stipanuk, M.H. (2006). 4. Biochemical, physiological, molecular aspects of human nutrition (2nd ed.). St Louis: Saunders Elsevier p.667 University of Bristol (2002). 5. «Pantothenic Acid». Retrieved 16 September 2012. 6. Hum Psychopharmacol. 2011;26(7):470-6. 7. Eur J Clin Nutr. 2004;58(11):1518-24. 8. Ann Neurol. 2011;69(2):352-9. 9. Curr Concepts Nutr. 1983;12:1-12. 10. Ann N Y Acad Sci. 1980;355:80-97. 11. J Nutr. 1999 Apr;129(4):779-82. «Para-aminobenzoic acid». 12. Medline Plus Medical Encyclopedia. 12. United States National Institutes of Health. 13. Retrieved 24 January 2014.

**PRECAUTIONS** • Do not exceed the recommended daily dose. • Dietary supplements should not be used as a substitute of a balanced diet. • Keep away from young children. • This product is not intended for the prevention, cure or treatment of a human disease. • Consult with your doctor if you are pregnant, breast-feeding, taking pharmaceutical treatment or having health problems.

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