

# Active B Complex

## Biologically Active with Quatrefolic® Folate

### Product Summary

Active B Complex provides the most biologically active forms and clinically relevant doses of a unique B vitamin combination. Quatrefolic folate provides (6S)-5-Methyltetrahydrofolate acid (MTHF), the active form of folate at the cellular level, the form found in circulation, and the only form able to cross the blood brain barrier. This form of folate bypasses enzymatic conversion by methylene tetrahydrofolate reductase (MTHFR), an enzyme with common genetic polymorphisms known to impair activity. Quatrefolic acid administration has been associated with higher peak (6S)-5-MTHF levels than both folic acid and calcium 5-MTHF, with higher plasma folate levels even in those with high functioning MTHFR polymorphisms.<sup>1,2</sup>

In addition to superior folate bioavailability, Active B Complex contains superior forms of each B vitamin. Benfotiamine is a lipid soluble form of vitamin B1 with higher bioavailability than thiamine, used in the treatment of diabetic neuropathy because it blocks several hyperglycemic pathways and prevents endothelial dysfunction.<sup>3,4,5</sup> Riboflavin 5'-phosphate and pyridoxal 5'-phosphate (PLP) are biologically active forms of B2 and B6 – PLP being the most important member of the B6 group, and is the active coenzyme for more than 100 enzymes, bypassing hepatic conversion to an active form.<sup>6</sup>

### Unique Features

- Provides the natural and most bioactive form of folate, Quatrefolic folate ((6S)-5MTHF), with no synthetic or racemic components
- Quatrefolic folate supplementation has a greater increase in plasma folate compared to folic acid and calcium 5-MTHF
- Contains most bioactive and bioavailable forms of each B vitamin, including methylcobalamin (B12), riboflavin 5'-phosphate (B2), and pyridoxal 5'-phosphate (B6)
- Broad spectrum B complex, with inositol, biotin, and choline
- Suitable for vegetarians and vegans

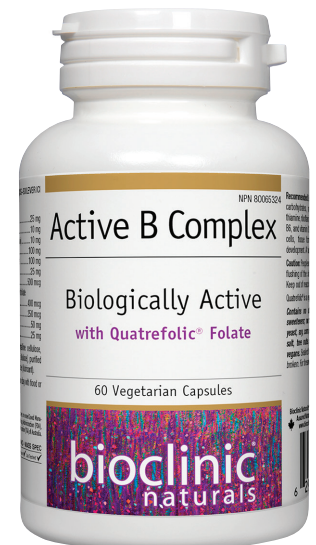
## Active B Complex

Biologically Active

60 Vegetarian Capsules

Code: 9424

NPN: 80065324



**Actual size:** 23.24 mm x 8.44 mm  
**Feature:** Enhanced bioavailability

## Supplement Facts

Serving Size: 1 Vegetarian Capsule

Servings per Container: 60

### Each Tablet Contains:

Vitamin B1 (Thiamine Hydrochloride) .....	25 mg
Benfotiamine .....	10 mg
Vitamin B2 (Riboflavin 5'-Phosphate Sodium) .....	10 mg
Niacin (Inositol Hexanicotinate) .....	100 mg
Pantothenic Acid (Calcium d-Pantothenate) .....	100 mg
Vitamin B6 (Pyridoxal 5-Phosphate) .....	25 mg
Vitamin B12 (Methylcobalamin).....	500 mcg
Quatrefolic® Folate ((6S)-5-Methyltetrahydrofolate Acid (MTHF), Glucosamine Salt) .....	400 mcg
Biotin.....	250 mcg
Choline (Citrate).....	50 mg
Inositol .....	25 mg

**Non-medicinal Ingredients:** Microcrystalline cellulose, vegetarian capsule (carbohydrate gum [cellulose], purified water), vegetable grade magnesium stearate (lubricant).

**Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.**

**Recommended Adult Dose:** 1 capsule per day with food or as directed by a health care practitioner.

**Recommended Use:** Helps the body to metabolize carbohydrates, proteins, and fats. Helps to prevent thiamine, riboflavin, niacin, biotin, pantothenic acid, vitamin B6, and vitamin B12 deficiencies. Helps to form red blood cells, tissue formation, and for normal growth and development. A factor in the maintenance of good health.

**Contraindications:** No reports exist for neuropathies associated with pyridoxal 5'-phosphate, though doses of pyridoxine at 1-3 g per day have been associated with peripheral neuropathy when used in isolation.<sup>7</sup> People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient. Keep out of reach of children.

**Drug Interactions:** Although several classes of drugs, such as aminoglycosides, anticonvulsants, bile acid sequestrants, and proton pump inhibitors, antihyperglycemic medications (Metformin), acne therapy (isotretinoin) are known to either interfere with B12 absorption or function, there are no known negative interactions caused by B12 supplementation with any medications.<sup>8-11</sup> Metformin has been shown to deplete B12 and folate, and supplementation with B12 only in diabetics may be preferable.<sup>12</sup>

## References:

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