



B₆ Complex Improved

NPN 80076687



What Is It?

B₆ Complex offers a comprehensive blend of B vitamins with high levels of vitamin B₆ packed into one easy-to-take supplement. B vitamins are supportive for cellular, cardiovascular, neurological and cognitive health, while vitamin B₆ is particularly supportive for nutrient metabolism and red blood cell formation.

Features Include

- Comprehensive B vitamin supplement with enhanced levels of vitamin B₆ for nutrient metabolism and red blood cell formation
- Includes researched and activated forms, including pyridoxal-5-phosphate, riboflavin-5-phosphate and folate as L-5-methyltetrahydrofolate (L-5-MTHF), the universally metabolized and biologically active form of folate
- Helps maintain cognitive and immune functions, while supporting normal early fetal development
- Offers vitamin B₁₂ in a unique blend of methylcobalamin, adenosylcobalamin and hydroxocobalamin
- Includes choline and inositol
- Made with hypoallergenic, vegan ingredients

Uses For B₆ Complex

Daily Wellness: B vitamins play important roles in nearly all of the physiological systems in the body. Some of the key supportive roles include nutrient and energy metabolism, as well as production of red blood cells. Optimal levels of B vitamins have been associated with cellular, cardiovascular, neurological and cognitive health. B vitamins are essential to basal mitochondrial function as metabolic coenzymes, playing a key role in energy production and nutrient metabolism. B vitamins also play a critical role in promoting healthy methylation. Methylation is a key regulator of genetic expression and cellular function. Healthy methylation is vital for cellular health and energy metabolism. B vitamins act as cofactors and methyl donors in a variety of key biochemical reactions occurring in blood cells, neurons, the vasculature and many other tissues. Vitamin B₆ is offered in this formula as both pyridoxine and the activated form pyridoxal-5-phosphate. Folate is offered in this

formula as L-5-methyltetrahydrofolate (L-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, L-5-MTHF is directly usable by the body and provides all of the benefits of folic acid regardless of functional or genetic variations. Folate is also essential for healthy normal early fetal development and helps to reduce the risk of neural tube defects when taken daily at least three months prior to becoming pregnant and during early pregnancy. Vitamin B₁₂ is offered as a combination of methylcobalamin, adenosylcobalamin and hydroxocobalamin. Hydroxocobalamin is a precursor form of vitamin B₁₂ converted in the body to both methylcobalamin and adenosylcobalamin. Adenosylcobalamin is an activated form of vitamin B₁₂ and the major form stored in the mitochondria of cellular tissues.

What Is The Source?

B₆ Complex contains:

Thiamine (B₁) (thiamine hydrochloride): synthetic

Riboflavin (B₂) (riboflavin, riboflavin 5'-phosphate):
corn dextrose fermentation

Niacin (niacinamide, inositol hexanicotinate): synthetic

Pantothenic acid (B₅) (calcium D-pantothenate): synthetic

Vitamin B₆ (pyridoxine hydrochloride, pyridoxal 5-phosphate):
synthetic

Vitamin B₁₂ (methylcobalamin, hydroxocobalamin,
adenosylcobalamin): corn dextrose fermentation

Folate (calcium L-5-methyltetrahydrofolate, Metafolin®): synthetic

Biotin: synthetic

Vitamin C (ascorbyl palmitate): corn dextrose fermentation and
palm oil.

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1000-123-REVA-C


Recommended Dose

Adults: Take 1 capsule daily with a meal or as directed by a healthcare practitioner. Consult a healthcare practitioner for use beyond 3 months.

Warning

Consult a healthcare practitioner prior to use if you are pregnant or breastfeeding. Discontinue use and consult a healthcare practitioner if you develop symptoms of sensory neuropathy such as numbness or tingling in the extremities.

B₆ Complex

Medicinal Ingredients (per capsule)  v O	
Thiamine (B ₁) (thiamine hydrochloride)	100 mg
Riboflavin (B ₂) (riboflavin, riboflavin 5'-phosphate)	15 mg
Niacin (niacinamide, inositol hexanicotinate)	110 mg
Vitamin B ₆ (pyridoxine hydrochloride, pyridoxal 5-phosphate)	200 mg
Folate (calcium L-5-methyltetrahydrofolate, Metafolin®)	400 mcg
Vitamin B ₁₂ (methylcobalamin, hydroxocobalamin, adenosylcobalamin)	1000 mcg
Biotin	400 mcg
Pantothenic acid (B ₅) (calcium D-pantothenate)	100 mg
Choline (choline bitartrate)	12 mg
Inositol	25 mg
Vitamin C (ascorbyl palmitate)	6 mg

Non-medicinal Ingredients: Hydroxypropyl methylcellulose, Purified water.

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