

Super B-Complex



Clinical Applications:

- Provides foundational nutritional support for a variety of health protocols
- Helps build metabolic reserves and fill common dietary gaps
- Defends against nutrient depletion caused by stress

ESSENTIAL VITAMINS

Super B-Complex is a complete and well-balanced formula that provides all eight essential B vitamins, plus choline, inositol, and folate in the highly bioavailable Quatrefolic™ form (100% 5-MTHF). This active form of folic acid supports optimal methylation. B vitamins work best together, playing a key role in energy production, immune function, heart health, and nervous system support. Because stress can deplete B vitamin levels, this formula is especially helpful for those under high stress. Super B-Complex delivers premium nutrients to help maintain energy and support a strong micronutrient foundation.

Overview

B vitamins play a vital role in converting the food we eat into cellular energy. These water-soluble nutrients are absorbed in the small intestine and transformed in the liver into their active coenzyme forms. One of their most important jobs is to fuel the Krebs's cycle—a key biochemical process that powers energy production in our cells. Additionally, vitamins like folate (B9), B6, and B12 are essential for methylation, a process that helps convert the amino acid homocysteine into methionine and cysteine. Proper methylation supports cardiovascular and brain health, regulates gene expression, supports energy metabolism, and maintains immune and nerve function. This process happens billions of times per second and is also responsible for ongoing DNA repair. When methylation slows down—due to nutrient deficiencies or other factors—DNA strand breakage and a variety of health issues may occur. Methylation not only supports DNA repair, but also plays a key role in producing neurotransmitters, balancing homocysteine levels for heart health,

recycling molecules needed for detoxification, and managing inflammation. However, this process can slow down if the body lacks essential nutrients—especially folate, vitamin B2, B6, and B12.

Deficiency

A deficiency in any B vitamin can disrupt key metabolic functions that protect overall health. Factors like chronic stress, poor diet, and certain medications—including acetaminophen, aspirin, ibuprofen, oral contraceptives, and SSRIs—can deplete B vitamin levels. Deficiencies in folate, B6, and B12 are particularly concerning, as they can impair methylation [12], a process essential for cardiovascular, cognitive, and cellular health.

Folate

Folate is a water-soluble B vitamin that plays a key role in supporting healthy methylation. It's naturally found in foods like fruits and dark leafy greens but is easily destroyed by cooking and processing. Some individuals have genetic variations—such as MTHFR mutations—that impair the body's ability to convert folic acid into its active form, 5-MTHF (5-methyltetrahydrofolate)[1]. Supplementing with 5-MTHF can help bypass this issue and support vital functions. 5-MTHF is needed to produce important neurotransmitters like serotonin, support melatonin production, and assist in DNA synthesis and repair. It also works closely with vitamin B12 by donating a methyl group to create methylcobalamin, which helps convert homocysteine into methionine—a process essential for maintaining heart and blood vessel health [15,16].

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Thiamine (Vitamin B1)

Thiamine is naturally present in whole grains, but much of it is lost during food processing. It plays a crucial role in helping the body generate energy by supporting ATP production in the Krebs cycle. Thiamine also aids in the metabolism of fats, proteins, and carbohydrates. Recent clinical research shows that high-dose thiamine supplementation may help support healthy blood sugar levels [4].

Riboflavin (Vitamin B2)

Riboflavin is a key nutrient that converts into FAD and FMN—compounds essential for energy production and cellular metabolism [5,6]. It also acts as a strong antioxidant. Low riboflavin levels can lead to increased oxidative stress and impaired energy production. Studies suggest that maintaining optimal riboflavin levels can support healthy blood pressure, particularly in people with certain genetic traits [7].

Niacin (Vitamin B3)

Niacin plays a key role in the body's energy production by supporting the mitochondrial respiratory chain. It's converted into NAD and NADP—important compounds involved in cellular energy and redox (oxidation-reduction) reactions. Niacin, also known as nicotinic acid, has been widely studied for its benefits in cardiovascular health and is known to support healthy blood vessel (endothelial) function [9,10].

Vitamin B6

Vitamin B6 is essential for over 100 enzyme-driven processes in the body. It supports blood sugar balance (gluconeogenesis), fat metabolism, neurotransmitter production, immune health, and hormone regulation. It also plays a vital role in methylation by helping break down homocysteine, a key factor in cardiovascular health. One large study found that women who consumed 4.6 mg of B6 daily had significantly better heart health markers than those who consumed only 1.1 mg. Additionally, B6 has been shown to support immune function by promoting healthy lymphocyte activity and interleukin-2 production, especially in older adults [13,14].

Vitamin B12

Vitamin B12 is found mainly in animal-based foods like organ meats, seafood, and egg yolks, making deficiency more common in vegan and vegetarian diets. It's essential for fat and carbohydrate metabolism, protein synthesis, and supports mitochondrial function and energy production.

B12 also plays a key role in maintaining neurological health. In a study of 700 women aged 65 and older, higher B12 levels were linked to better mood and overall health [17].

Biotin

Biotin is produced by gut bacteria and found in certain foods. It supports the metabolism of fatty acids, amino acids, and the proper use of other B vitamins. Research shows that biotin can help maintain healthy blood sugar levels and improve blood fat balance [19,20]. A clinical study in patients aged 5–25 with blood sugar concerns found that biotin supplementation supported better glucose control and lipid balance.

Pantothenic Acid

Pantothenic acid, also known as vitamin B5, is essential for producing energy and synthesizing fatty acids, amino acids, hormones, and cell membranes. Its active form, Coenzyme A (CoA), is mostly found in the mitochondria—where energy is made. Animal studies show that pantothenic acid may help regulate blood fats and also promote wound healing [22,23].

Choline Bitartrate

Choline, often grouped with B vitamins, is crucial for building cell membranes, supporting brain development, and producing acetylcholine—a neurotransmitter essential for memory and muscle function. It also donates methyl groups, helping with DNA repair and methylation processes. In studies, choline deficiency was linked to increased DNA and immune cell damage [24,25,26].

Directions

Take 1 or more capsules daily, or as directed by your healthcare provider.

Does Not Contain

This product contains no gluten, corn, yeast, or artificial colors or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product

Supplement Facts^{v1}

Serving Size 1 Capsule
Servings Per Container 60 & 120

1 capsule contains	Amount Per Serving	% Daily Value
Thiamin (Vitamin B1) (from Thiamine Hydrochloride USP)	50 mg	4,167%
Riboflavin (Vitamin B2 USP)	50 mg	3,846%
Niacin (as Niacinamide USP)	50 mg	313%
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,941%
Folate (from 400 mcg as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid glucosamine salt)	680 mcg DFE	170%
Vitamin B12 (as Methylcobalamin)	500 mcg	20,833%
Biotin	75 mcg	250%
Pantothenic Acid (as d-Calcium Pantothenate USP)	50 mg	1,000%
Choline (as Choline Bitartrate)	19 mg	3%
Inositol NF	50 mg	*

* Daily Value not established

ID# 360060 60 Capsules

ID# 360120 120 Capsules

References

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