

Activated B12 Complex



Clinical Applications

- Supports Energy Production*
- Supports Cardiovascular Health*
- Supports Healthy Nervous System/Adrenal/Immune Function*
- Supports Healthy Mental Function and Mood*

Activated B12 Complex provides a full-complement of essential B-complex vitamins in high-potency amounts. Activated, coenzyme forms provide optimum B-complex vitamin support for individuals who may have difficulty metabolizing standard supplemental forms of B vitamins.

All Adaptogen Research Formulas Meet or Exceed cGMP Quality

Discussion

Activated B12 Complex provides a complete spectrum of essential B vitamins critical for optimal health.* B vitamins are required in the diet on a daily basis to support energy production, brain, liver, and nerve cell function, and muscle tone in the digestive tract.* Activated B12 Complex is uniquely formulated to provide amounts and sources of B vitamins that are easy for the body to absorb and use.* Activated forms of ingredients support individuals who may have difficulty metabolizing standard supplemental forms of B vitamins.*

Activated B12 Complex includes:

Activated folate: Metafolin®, a patented and bioactive form of folate, is included. This form does not require modification by the body to be metabolized, so it can be used immediately to support health.* Folic acid, the form of folate commonly found in fortified foods and supplements, must be converted through a series of steps in the body before it can be used. Methylfolate, the activated folate in Metafolin®, may support neurologic health as it is the only form of folate that crosses the blood-brain barrier.*

Activated vitamin B12: Methylcobalamin, the active form of vitamin B12, is exceptionally well-absorbed and readily used by the body, as compared to cyanocobalamin, a commonly used form of this vitamin. Methylcobalamin, supports neurologic function and homocysteine metabolism, a marker of cardiovascular health.*

Highly absorbable thiamin: To support optimal thiamin absorption, Active B Complex provides benfotiamine, a fat-soluble derivative of thiamin with increased absorption compared to water-soluble forms of thiamin that are commonly used in other dietary supplements.*

Activated vitamin B2 and B6: Active forms of vitamin B2 (as riboflavin 5'-phosphate) and vitamin B6 (as Pyridoxal 5'-Phosphate) are also provided for optimized absorption and bioavailability.* These essential vitamins support energy production (metabolism) and red blood cell formation.*

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, gluten, and soybeans. Contains no artificial colors, flavors, or preservatives.

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

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625 Barksdale Road, Suit 113
Newark, DE 19711

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Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount Per Capsule	% Daily Value	
Thiamin (as benfotiamine)	50 mg	4,167%
Riboflavin (as riboflavin 5'-phosphate)	20 mg	1,538%
Niacin (67% as niacinamide and 33% as niacin)	60 mg NE	375%
Vitamin B ₆ (as pyridoxal 5'-phosphate)	20 mg	1,176%
Folate (as Metafolin®† L-5-methyltetrahydrofolate)	680 mcg DFE	170%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin (as D-biotin)	300 mcg	1,000%
Pantothenic Acid (as calcium D-pantothenate)	50 mg	1,000%
Calcium (83% as calcium carbonate and 17% as calcium D-pantothenate)	30 mg	2%

Other Ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), and silicon dioxide.

Suggested Use

1 capsule daily with food or as directed by a healthcare professional.

Caution

If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your healthcare professional before using this product. Keep out of reach of children.

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