Co-Enzyme B-Complex

BENEFITS

WITH ALPHA-LIPOIC ACID & CoQ_{10}
SUPPORTS NERVOUS SYSTEM HEALTH
DESIGNED FOR SUPERIOR UTILIZATION

SUGGESTED USAGE

As a dietary supplement, take 1 tablet 1-2 times daily.

CAUTIONS/ INTERACTIONS

IB Vitamins may interfere with the absorption and utilization of certain antibiotics, such as tetracycline and sulfa drugs. Also, B Vitamins may interact with some chemotherapy agents and they should only be used concurrently under the supervision of a physician. People taking insulin, metformin, glyburide, glipizide, or other medications used to treat high blood sugar levels should monitor their blood sugar levels closely when taking B Vitamin supplements. (3) B Vitamins may improve treatment with tricyclic antidepressants. In addition, because many pharmaceutical medications increase the need for B Vitamins, it is advisable to consult your physician for details regarding these types of interactions.

FREE OF COMMON ALLERGENS

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish or preservatives. Vegetarian/Vegan Product

Discussion and Clinical Support

The B complex vitamins are a family of 8 vitamins and a few related compounds, eac performing unique and separate functions in the body. The B vitamins are water soluble, and with the exception of B12, are not stored in the body. Therefore, B complex vitamins must be consumed daily for optimal health. B vitamins are best known for their function as cofactors in cellular energy production.

Although these vitamins are chemicall distinct, B vitamins often work together in biochemical systems. As a group, the B vitamins have a broad range of functions, being essential for the proper operation of the endocrine glands, especially the adrena and the thyroid. B vitamins are also important for the production of neurotransmitters, as well as the general health of the nervous system. Some B vitamins maintain healthy red blood cells, support immune function, regulate cell growth, aid in hormone production, and help maintain healthy skin, hair, and nails.

Protocol For Life Balance™ CoEnzyme B Complex contains B Vitamir already in their "Coenzyme" forms. The forms of the B Vitamins found in foods an most supplements are not readily utilized b the body. They require conversion into their active forms before they can perform their functions as cofactors in biochemical reactions. (1, 2) Because there is no need for conversion of CoEnzyme B Complex into their biologically active forms, the body can use them more quickly and efficiently than traditional B vitamins. Our CoEnzyme B Complex tablets are made with an enteric coating. This means they wi not be damaged by stomach acid for maximum bioavailablity.

Supplement Facts

Serving Size: 2 Tablets
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Vitamin C (from Magensium Ascorbate)	60 mg	100%
Vitamin B-1 (from Thiamine HCl and Cocarboxylase)	50 mg	3330%
Riboflavin (as Riboflavin and from Riboflavin-5 Phosphate Sodium)	50 mg	2940%
Vitamin B-3 (from Inositol Hexanicotinate and NAD)	50 mg	250%
Vitamin B-6 (from Pyridoxine HCl and P-5-P Monohydrate)	50 mg	2500%
Folate (as Folic Acid)	400 mcg	100%
Vitamin B-12 (as Methylcobalamin and Dibencoside)	250 mcg	4170%
Biotin	300 mcg	100%
Vitamin B-5 (from Calcium d-Pantothenate and Pantethine)	50 mg	500%
Betaine	50 mg	†
Alpha Lipoic Acid	50 mg	†
Choline (from Choline Bitartrate)	25 mg	†
PABA (Para-aminobenzoic Acid)	25 mg	†
Inositol (from Inositol Hexanicotinate and Hexaphosphate)	15 mg	†
CoQ10 (Coenzyme Q10)	500 mcg	†

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Supports Nervous System Health

Certain B vitamins in their active forms are required for neurotransmitter conversions. A good example is pyridoxal kinase metabolism in the conversion of pyridoxine and pyridoxal to pyridoxal-5'-phosphate monohydrate (P-5-P). Downstream, the combination of magnesium and vitamin B-6 appears to support normal central nervous system activity level Common food colorings (such as caramel color III), preservatives and additives, as well as use of many prescription drugs, can interfere with B-6 metabolism. (7 – 12) Similar interference patterns can be documented with other B vitamins. The elderly or individuals with certain biochemical deficiencies may not be able to make adequate amounts of the coenzyme forms of the B vitamins despite adequate intakes of the individual nutrients.

Designed for Superior Utilization

Special functions of coenzymes not found otherwise are common, as in the case of patethine. (4 – 6) Protection against stomach acid during digestion is essential.

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