Overview:
Growing research and evidence points to the use of supplemental vitamins, minerals, and other nutrients to support healthy nerve function, blood sugar metabolism, and inflammatory response.* The ingredients in Nerve Complex™ have been carefully selected for individuals with concerns about healthy glucose metabolism and nerve function in the feet and throughout the body.*1

How It Works:
Nerve Complex™ features ingredients that have been shown to support healthy glucose metabolism and nerve function.1

B-vitamins: Thiamin (vitamin B1) and Riboflavin (vitamin B2) are also critical nutrients for anyone with nerve health concerns. The active forms of vitamin B6, pyridoxal-5-phosphate (P-5-P), vitamin B12 (methylcobalamin), and folic acid (methylfolate) do not require conversion by the liver.* B-vitamins support healthy blood sugar levels already within normal limits, carbohydrate metabolism, and healthy nerve system structure and response.*1-7

Niacin: Niacin supports healthy triglyceride and LDL cholesterol balance, which are key factors for individuals with concerns about blood sugar and blood vessel health.*8

Pantothenic Acid: In the body, pantothenic acid is primarily active as Coenzyme A and as acyl carrier protein, and is involved in many important functions throughout the body, including healthy tissue formation. However, the levels of Coenzyme A can be affected in the body by a number of hormones, including insulin.9,10 Pantothenic acid is very important for healthy nerve function.*

Alpha-lipoic acid: Alpha-lipoic acid has been shown to boost levels of glutathione, helping support nerve tissue health and function. Clinical studies have shown that use of supplemental alpha-lipoic acid can support healthy blood sugar balance and nerve health.*11,12
**Essential trace minerals, chromium and zinc**: Chromium in the form of chromium nicotinate has been shown to be effective at promoting a healthy insulin response.*13-16 Zinc is especially important for healthy tissue formation and maintenance.*17 The chromium nicotinate and zinc provided in Nerve Complex are chelated minerals using The Real Amino Acid Chelate System (TRAACS®), to enhance absorption and utilization by the body.*

**BosPure® boswellia**: Inflammation is one of the biggest challenges for individuals with concerns regarding nerve health and foot comfort. The BosPure® boswellia (*Boswellia serrata*) extract in **Nerve Complex™** helps balance the activity of the 5-LOX (lipoxygenase) and support a healthy inflammation response.* Boswellic acids are generally associated with this ability, but not all boswellic acids have beneficial effects – the presence of the less desirable β-boswellic acid, can reduce the effectiveness of an extract.* 18-20

BosPure® is screened to reduce β-boswellic acid to <5%. (It is normally up to 20% in other extracts.) BosPure® is also standardized at 70% boswellic acids with a minimum of 10% acetyl-11-keto-β-boswellic acid (AKBA), which research has demonstrated is the most active inflammation balancing component of boswellia. Many unstandardized boswellia extracts contain as little as 1% AKBA.18,19

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Purpose in Nerve Complex™</th>
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<tbody>
<tr>
<td><strong>B-vitamins, including</strong>: Thiamin (vitamin B1), Riboflavin (vitamin B2). Nerve Complex also provides vitamin B6 as P-5-P (pyridoxal-5-phosphate), vitamin B12 (methylcobalamin), and folic acid (methylfolate).</td>
<td>Supports healthy blood sugar levels already within normal limits, carbohydrate metabolism, and healthy nerve system structure and response.<em>1-7 The forms included in <strong>Nerve Complex</strong> do not require conversion by the liver.</em></td>
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<tr>
<td><strong>Niacin</strong></td>
<td>Supports healthy triglyceride and LDL cholesterol balance.*8</td>
</tr>
<tr>
<td><strong>Pantothenic Acid</strong></td>
<td>Supports healthy tissue formation.*9,10</td>
</tr>
<tr>
<td><strong>Alpha-lipoic acid</strong></td>
<td>Alpha-lipoic acid has been shown to boost levels of glutathione, as well as support healthy nerve tissue and blood sugar levels already within normal limits.*11,12</td>
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<tr>
<td><strong>Chromium nicotinate</strong></td>
<td><strong>Chromium</strong> as chromium nicotinate promotes a healthy insulin response.*13-16</td>
</tr>
<tr>
<td><strong>Zinc</strong></td>
<td>Zinc supports healthy tissue formation and maintenance.*17</td>
</tr>
<tr>
<td><strong>BosPure® boswellia gum resin extract</strong>: Screened to reduce β-boswellic acid to &lt;5%. Standardized at 70% boswellic acids with a minimum of 10% acetyl-11-keto-β-boswellic acid (AKBA).</td>
<td>The <strong>BosPure® boswellia</strong> (<em>Boswellia serrata</em>) extract in <strong>Nerve Complex™</strong> helps balance the activity of the 5-LOX (lipoxygenase) and support a healthy inflammation response.*18-20</td>
</tr>
</tbody>
</table>
Conclusion: Proper nutrients are important for those with concerns about healthy blood sugar levels and the comfort of their nerves, especially in the feet and other extremities. Nerve Complex™ combines clinically-tested ingredients for optimal clinical outcomes.

Dosage: 2 capsules twice daily. For advanced support, may increase to 6 capsules daily, or as directed by your healthcare practitioner.

References: