



Active B Complex

Biologically Active Forms of Vitamin B12–Folate–B6



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Active B Complex

Biologically Active Forms of
Vitamin B12–Folate–B6

Active B Complex supplies vitamin B6, folate, and B12 in their biologically preferred forms for enhanced utilization in the body. These B vitamins are essential for optimal health, particularly:*

- Brain and nervous system
- Cardiovascular function
- Cognitive function*

Recommendations: 1 capsule daily, or as recommended by your healthcare practitioner.

If pregnant or nursing, consult a healthcare practitioner before use.

SUPPLEMENT FACTS
Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per 1 Capsule (Veg):	%DV
Vitamin B6 (as pyridoxal-5-phosphate)	25 mg 1,471%
Folate (from L-5-methyltetrahydrofolate calcium salt)	800 mcg DFE 200%
Vitamin B12 (as methylcobalamin)	1,000 mcg 41,667%

Other Ingredients: microcrystalline cellulose, mannitol, hydroxypropyl methylcellulose (vegetable cellulose capsules), rice bran extract, medium chain triglycerides, gum arabic, silica.

No sugar, salt, yeast, wheat, gluten, soy, dairy products, artificial coloring, artificial flavoring, or artificial 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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60 Capsules

VEGAN NON-GMO DIETARY SUPPLEMENT

Manufactured by a cGMP compliant facility exclusively for:
EuroMedica 955 Challenger Drive Green Bay, WI 54311
866-842-7256 euromedicausa.com

Brain and nervous system

Cardiovascular function

Cognitive function*

When you need B vitamins that can make a real difference, **Active B Complex** is the right choice.

One of the biggest challenges to supplementing with B vitamins is conversion. Many people (some estimate up to 30% of the population) cannot fully utilize B vitamins from food and supplements, because these forms of B vitamins must be CONVERTED into the active form before they will function. So getting **the right forms of B vitamins**—especially those which need no conversion by the liver—is vitally important.

B12 that Works: Methylcobalamin vs. Cyanocobalamin

The vitamin B12 found in most supplements may not be all that usable by the body. However, by providing methylcobalamin—which doesn't need to be converted by the body before use—instead of cyanocobalamin, it can much more easily support healthy blood pressure, nerve cell function, carbohydrate metabolism, energy levels, and much more.*†

Methylfolate vs. Folic Acid

This active form of folate, like the other bioactive B vitamins in the formula, also requires no conversion by the liver. Aside from its support of healthy fetal development, folate can help support healthy brain and nervous function in adults, too.*

P-5-P vs. Vitamin B6 in Other Forms

Vitamin B6 is available in more than one form, but only one of them is identical to the vitamin B6 in the human body—pyridoxal-5-phosphate, or “p-5-p”. By providing this necessary nutrient in the P-5-P form, it doesn't require conversion by the liver, so it can bypass that step. P-5-P supports serotonin production and mood and nervous system function, and can help relieve the stress associated with premenstrual syndrome. It also supports healthy muscle function—especially for individuals working in tasks requiring repetitive movement.*

Preferred Forms of B vitamins

B vitamins support healthy energy levels, blood pressure, carbohydrate metabolism, amino acid production, nerve signal transmission, healthy muscle response and exercise recovery, cognitive function and heart health—and that is not a complete list!†*

Women who are pregnant or nursing absolutely need to get these B vitamins in their regimen to support healthy neural development for their children. **Active B Complex** provides vitamin B12, folate and B6 in their active forms—methylcobalamin, methylfolate, and P-5-P. Since these forms require no conversion by the liver, they are effective for even those with significant conversion challenges.

To view all our products, go to **euromedicausa.com**
For more information call **866.842.7256**

†Supports healthy levels already within normal range.

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Frequently Asked Questions for Active B Complex

Q. Is it true that many prescription drugs deplete the body of the B vitamins?

A. Yes, many prescription drugs actually deplete B vitamins from the body, including birth control pills, certain diabetes, epilepsy, blood pressure and ulcer medications, steroids, and antibiotics—even over-the-counter pain relievers like ibuprofen. People using these kinds of drugs must be especially vigilant about making sure they are getting enough B vitamins.

Q. How do you know if a person has difficulty converting B vitamins?

A. Up to 30% of the population has the genetic profile associated with poor B vitamin conversion. Anyone who wants to know more about their B vitamin conversion status may want to consider having their blood levels of homocysteine tested by a licensed healthcare practitioner. The results may indicate that they need a more efficient form of B vitamin supplementation, which Active B Complex can provide.

Q. Is Active B Complex safe for women who are pregnant or considering becoming pregnant?

A. Yes. In fact, it is recommended that women who are pregnant or considering becoming pregnant take folate to prevent neural tube defects like spina bifida in their babies. Additionally, these B vitamins are especially necessary for their own health due to nutrient depletion during and immediately after their pregnancy.*

What to Pair with Active B Complex

Essential Multivitamin	This complete multivitamin and mineral supplement delivers absorbable nutrients at meaningful levels that are appropriate for everyone, adults and children ages 12 and up, regardless of gender.*
EurOmega-3®	Provides biidentical omega-3 exclusively from salmon with DHA/EPA in a biologically active, phospholipid form, ensuring absorption, and improved stability.
