



Ordering Information

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13169 Phyto B Complex
(60 capsules)

Synergistic Considerations

Adrenapath
MicroActive® CoQ10
Core Licro Blend
Adrenatran
Endocrinopath

Phyto B Complex

Phyto B Complex is a unique formula containing biologically active B vitamins synergistically combined with *Rhodiola rosea* extract.

Phyto B Complex offers:*

- Methylated B vitamins
- Adaptogenic *Rhodiola rosea*

B vitamins play an essential role in the body, serving as coenzymes for the manufacture of hormones and neurotransmitters as well as assisting metabolism and detoxification pathways. With increasing amounts of stress, high use of medications, and poor dietary habits typical of our modern era, the nutrient demands of the body increase dramatically. As these nutrients, specifically B vitamins, become depleted the neuroendocrine, metabolic, and detoxification systems become imbalanced. The end result is decreased energy, hormone imbalance, neurological deficits, and metabolic disorders.

As a result, choosing a quality supplement is crucial as the majority of B vitamins available are poorly assimilated by the body and wind up excreted in the urine. By choosing a B-complex with biologically active ingredients, absorption and utilization are less of an issue. The benefit of these B vitamins is that they are in forms that do not require conversion before absorption at the cellular level. For example, folic acid must be transformed into 5-methyltetrahydrofolate (L-5-MTHF) before it can be used for DNA repair and synthesis. **Phyto B Complex** not only contains L-5-MTHF, but also riboflavin 5 phosphate (B2), pyridoxal 5 phosphate (B6), methylcobalamin (B12), and coenzyme B12, which are all active forms of these B vitamins.

In addition to the B vitamins, adaptogenic *Rhodiola rosea* extract has been included as a synergistic herb, helping to further support the systems which rely greatly on B vitamins for their optimal function. An added benefit of *Rhodiola rosea* in the formula is that many patients notice a more immediate increase in their energy levels. For detailed information on all ingredients, see descriptions and references below.

Ingredients and Supplement Facts

Thiamin (Vitamin B1, as Thiamine Mononitrate) – Thiamine is part of a coenzyme known as cocarboxylase, which plays a key metabolic role in the production of energy from carbohydrates. It is also plays a part in the health of the nervous system—particularly related to the muscle tone of a variety of organs.

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Phyto B Complex

Ingredients and Supplement Facts Continued...

Riboflavin (Vitamin B2, as Riboflavin-5'-Phosphate) – A metabolically active form of vitamin B2, serving as a coenzyme crucial to the production of ATP by assisting the metabolism of fats and carbohydrates. The activated (or metabolically active) form of a B vitamin indicates that it does not require the liver's conversion or other co-factors for assimilation. Instead, it is easily absorbed for the full benefits to be immediately available.

Niacin (Vitamin B3, as Niacinamide) – Niacinamide is the precursor of coenzymes NAD⁺ and NADP⁺, which play an active role with as many as 200 enzymes. This form of B3 is generally preferred as it does not cause a “niacin flush.”

Vitamin B6 (as Pyridoxal-5'-Phosphate) – P-5-P is the coenzyme form of B6, a metabolically active form for easy assimilation. Vitamin B6 is essential in many functions. It is vital to the synthesis, by the central nervous system, of many neurotransmitters including serotonin, norepinephrine, and melatonin. It assists in protein metabolism, helps with the synthesis and function of RNA and DNA, and helps maintain sodium and potassium levels.

Folate (Vitamin B9, as L 5 Methyltetrahydrofolic Acid Glucosamine) – Folic acid must be converted into 5-methyltetrahydrofolate (L-5-MTHF) before it can be used for methylation processes and DNA repair and synthesis. L-5-MTHF is the methylated form, offering a more biologically active and functional source. Folic acid serves many purposes, aiding in red blood cell production, amino acid conversion, formation of DNA and RNA, and cell growth. Methylated B vitamins are vitamin forms that do not require the usual digestive elements to allow these essential components to be incorporated into effective cellular methylation processes. As digestive elements are often compromised, these methylated forms are greatly preferred for bioavailability.

Vitamin B12 (as Methylcobalamin) – Methylcobalamin is a coenzyme form of B12 that is biologically active for easy assimilation and mainly found in blood plasma, cerebral spinal fluid, and the cytosol of the cell. It also acts as a methyl donor and participates in the synthesis of SAM-e (S-adenosylmethionine), a nutrient associated with mood-elevating properties. This form promotes protein synthesis for maintaining healthy nerve cells and myelin. Methylcobalamin plays a role in blood cell formation, digestion, cell formation, and homocysteine conversion.

Coenzyme B12 (as 5'- Deoxyadenosylcobalamin) – The second of two biologically active coenzyme forms of B12 in this formula, this coenzyme form bypasses the body's need to synthesize the active form of vitamin B12—making it bioavailable. Coenzyme B12 is most often associated with the methylmalonyl CoA mutase reaction, which is an enzyme that catalyzes the production of succinyl-coenzyme A, an important intermediate in the Krebs cycle.

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Phyto B Complex

Ingredients and Supplement Facts Continued...

Biotin – Vitamin B7 is essential for the metabolism of carbohydrates and fats. It is also a co-factor or coenzyme for the proper function of many enzymatic processes in the body. It supports the health of skin, hair, nails, the intestinal tract, and nervous system. B7 helps support normal blood glucose levels and energy metabolism.

Pantothenic Acid (Vitamin B5, as Calcium-D-Pantothenate) – Vitamin B5 is considered the “anti-stress” vitamin; it is vital to energy as well as to protein, fat, and carbohydrate metabolism. It is also involved in the synthesis of hormones and neurotransmitters.

Rhodiola Rosea Root Powder Extract – *Rhodiola rosea* is an adaptogenic herb which grows in cold, tundra-like areas. Imparting its resilient and hardy qualities, it has been used for centuries for energy, endurance, and balanced moods.

If pregnant or breast-feeding, consult a healthcare professional before use.

| Supplement Facts | | |
|--|----------------------------|-------|
| | Serving Size: 1 capsule | |
| | Servings Per Container: 60 | |
| | Amount Per Serving | %DV |
| Thiamin (Vitamin B1, as Thiamine Mononitrate) | 72 mg | 6000% |
| Riboflavin (Vitamin B2, as Riboflavin-5-Phosphate) | 13 mg | 1000% |
| Niacin (Vitamin B3, as Niacinamide) | 32 mg NE | 200% |
| Vitamin B6 (as Pyridoxal-5-Phosphate) | 42.5 mg | 2500% |
| Folate (Vitamin B9, as L 5 Methyltetrahydrofolic Acid Glucosamine) | 400 mcg DFE | 100% |
| Vitamin B12 (as Methylcobalamin) | 120 mcg | 5000% |
| Coenzyme B12 (as 5- Deoxyadenosylcobalamin) | 120 mcg | 5000% |
| Biotin | 30 mcg | 100% |
| Pantothenic Acid (Vitamin B5, as Calcium-D-Pantothenate) | 50 mg | 1000% |
| Rhodiola Rosea Root Powder Extract | 75 mg | * |

* Daily Value (DV) not established.

Other Ingredients: Capsule (Hydroxypropyl Methylcellulose, Purified water), Dibasic Calcium Phosphate.

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