

Multi B's



CLINICAL APPLICATIONS

- Supports Cardiovascular and Neurologic Health
- Supports Homocysteine Balance
- Supports Healthy Arterial Function
- Maintains a Healthy Inflammatory Response

CARDIOVASCULAR HEALTH

This product contains targeted amounts of folic acid, B₁₂, B₆ and betaine (trimethylglycine) to aggressively support methylation pathways in the body. It specifically targets homocysteine recycling for optimal cardiovascular and arterial health.

Overview

Methylation is a vitamin-requiring biochemical process in the body that is critical for maintaining mental and physical health. Methylation helps convert the problematic amino acid metabolite homocysteine into the amino acids methionine and cysteine. Consistent recycling of homocysteine is vital for supporting cardiovascular health. Proper methylation can be inhibited by nutrient deficiencies, especially of folic acid, B₆ and B₁₂. Certain medications such as acetaminophen, aspirin, ibuprofen and oral contraceptives can also deplete blood levels of these crucial B vitamins, reducing the body's vital methylation capacity.

Folate†

Adequate folate status is critical for maintaining optimal methylation, red blood cell balance, DNA and RNA synthesis and healthy cell division and replication. Folic acid is converted into its metabolically active form, 5-MTHF, by the enzyme methylenetetrahydrofolate reductase (5-MTHFR).^[1] 5-MTHF donates its methyl group to vitamin B₁₂ (cobalamin), forming methylcobalamin. Methylcobalamin helps convert the problematic amino acid metabolite homocysteine into the amino acid methionine.^[2]

B₁₂†

Vitamin B₁₂ (methylcobalamin) works along with folic acid in many body processes, including the synthesis of DNA, red blood cells and supporting health of the myelin sheath, the insulating exterior that surrounds nerve cells.^[2] B₁₂ is found primarily in animal foods. Vegetarians and the elderly are at highest risk for B₁₂ deficiency.^[2] B₁₂ is considered by many to be a vital nutrient required to balance homocysteine levels. Methylcobalamin is the biologically active form of B₁₂ and supports up-regulation of methylation pathways.^[2]

B₆†

Vitamin B₆ (pyridoxine) is a B vitamin that is required for more than 60 different enzymatic reactions that occur in the body.^[2] Vitamin B₆ works along with folic acid and B₁₂ for in the recycling of homocysteine. B₆ also supports a healthy cardiovascular system by promoting healthy platelet aggregation and aids in maintaining healthy blood pressure.^[3] Vitamin B₆ is required for the activation of lysyl oxidase, an enzyme responsible for the cross-linking of collagen, and elastin, which is crucial for maintaining healthy circulation and arterial function.^[4]

Trimethylglycine (Betaine)†

Trimethylglycine (Betaine) functions in the body as a unique methyl donor, supporting liver function and detoxification pathways and the conversion of homocysteine to methionine.^[5,6] Trimethylglycine also works alongside B₆, B₁₂ and folic acid in maintaining normal homocysteine levels.

† 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.

Directions

1 or more capsules per day or as recommended by your health care professional.

Does Not Contain

Wheat, gluten, yeast, soy, corn, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners or preservatives.

Cautions

If you are pregnant or nursing, consult your physician before taking this product.

Supplement Facts ^{v4}		
Serving Size 1 Capsule Servings Per Container 60 & 120		
1 capsule contains	Amount Per Serving	% Daily Value
Vitamin B6 (as Pyridoxine Hydrochloride USP)	50 mg	2,500%
Folic Acid	5,000 mcg	1,250%
Vitamin B12 (as Methylcobalamin)	1,000 mcg	16,667%
Betaine (Trimethyl Glycine)	500 mg	*

* Daily Value not established

References

1. 5-methyltetrahydrofolate. *Altern Med Review* 2006; 11(4).
2. Murray MT. *Encyclopedia of Nutritional Supplements*. (1996);Prima Publishing: Rocklin, CA.
3. Ayback M. Effect of oral pyroxidine hydrochloride supplementation on arterial blood pressure in patients with essential hypertension. *Arzneim Forsh* 1995;45:1271-1273.
4. Levene CI, Murray JC. The aetiological role of maternal B6 deficiency in the development of atherosclerosis. *Lancet* 1977;i:628-629.
5. Junnila M, Barak AJ, Beckenhauer HC, Rahko T. Betaine reduces hepatic lipidosis induced by carbon tetrachloride in Sprague-Dawley rats. *Vet Hum Toxicol* 1998;40:263-6.
6. Kim SK, Kim YC, Kim YC. Effects of singly administered betaine on hepatotoxicity of chloroform in mice. *Food Chem Toxicol* 1998;36: 655- 61.