When you need B-vitamins that can make a real difference, **Active Bio-B™** 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 pressure¹, 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 Bio-B™** 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.

These B-vitamins are essential for optimal health, particularly:

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

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¹ Levels already within normal limits
* 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. © 2015
Frequently Asked Questions for Active Bio-B™:

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. Some people may have difficulties with B-vitamin conversion if they have concerns with healthy blood pressure levels and energy overall, but they may also 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 Bio-B™ can provide.

Q. Is Active Bio-B™ 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 Bio-B™:

- **Bio Active Essentials™** – This complete multivitamin and mineral supplement delivers absorbable nutrients at meaningful levels that are appropriate for everyone, regardless of age or gender.*

- **EurOmega-3®** – Provides bioidentical Omega-3 exclusively from salmon with DHA/EPA in a biologically active, phospholipid form, ensuring absorption and improved stability.

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