



# TOTAL B

A DIETARY SUPPLEMENT TO SUPPORT HEALTHY NERVE FUNCTION, RELAXATION, ENERGY, CELLULAR REPRODUCTION, AND OTHER ESSENTIAL SYSTEMIC FUNCTIONS\*

## Total B contains 8 essential B vitamins in their most bioavailable forms.\*

### B Vitamins and What They Support\*

#### Vitamin B<sub>1</sub> (Thiamine HCl)

- B<sub>1</sub> is metabolized into thiamin pyrophosphate (TPP), which is a critical coenzyme involved in many enzymatic reactions.\* These include:
  - Metabolism of fats, carbs, and proteins\*
  - Production of ATP, the primary "fuel" (energy) source for our cells\*
  - Promotion of health of nerve cells\*

#### Vitamin B<sub>2</sub> (Riboflavin [R-5-P])

- This form of B<sub>2</sub>/Riboflavin (riboflavin-5 phosphate) is its most metabolically active, bioavailable form.\* B<sub>2</sub> supports:
  - Metabolism of fats, carbs, and proteins\*
    - Further conversion of carbs into ATP, the primary "fuel" (energy) source for our cells\*
  - Cofactor for the metabolism and conversion of other critical B vitamins\*
    - B<sub>6</sub> and folate

#### Vitamin B<sub>3</sub> (Niacin as Inositol hexanicotinamide)

- This form of B<sub>3</sub>/Niacin is its "no-flush" form. Niacin supports:
  - Cardiovascular health\*
  - Healthy cholesterol balance\*
  - Carbohydrate metabolism\*

#### Vitamin B<sub>5</sub> (Pantothenic Acid [as Calcium-d-pantothenate])

- B<sub>5</sub>/Pantothenic Acid in Total B is in its metabolically active form. B<sub>5</sub> is essential to the human synthesis of Coenzyme A. B<sub>5</sub>'s active metabolite, Acetyl Coenzyme, is in its stabilized form. Pantothenic Acid/Coenzyme A supports:
  - Fat production, transport, and metabolism\*
  - Production of acetylcholine, a critical neurotransmitter\*

#### Vitamin B<sub>6</sub> (as P-5-P [Pyridoxal-5-Phosphate])

- P-5-P is the bioavailable metabolite of vitamin B<sub>6</sub>.
  - B<sub>6</sub> supports:
    - Healthy enzymatic reactions needed in the body\*
    - Amino acid metabolism\*
    - Healthy nervous system\*
    - Production of critical neurotransmitters\*
      - GABA
      - Serotonin
  - Healthy red blood cells/hemoglobin synthesis\*
  - Nerve/tendon health and comfort\*
  - Homocysteine modulation\*

#### Vitamin B<sub>7</sub> (Biotin [D-Biotin])

- D-Biotin is the active form of vitamin B<sub>7</sub>/Biotin. Biotin supports:
  - Healthy hair, skin, and nails\*
  - Healthy metabolism of fats, proteins, and carbs\*
  - Healthy enzymatic functions\*

#### Folate (as L-5-MTHF [5-Methyl-Tetra-Hydrofolate])

- Multiple studies have suggested that up to 60% of the human population has a genetic mutation called MTHFR, which impedes the body's ability to adequately and properly metabolize folate.\* As such, the **methylated** form of folate (which is the more metabolically active and bioavailable form), known as 5-Methyl-Tetra-Hydrofolate, or more simply L-5-MTHF, is preferred for its superior absorbability.\* In its methylated form, the folate is known as L-5-Methyl-Tetra-Hydrofolate (L-5-MTHF).
  - Folate supports:
    - Cell replication and maintenance\*
    - Supporting healthy DNA production\*
      - Chromosomal health\*
    - Production of neurotransmitters\*
    - Nucleic acid synthesis\*
    - Homocysteine modulation\*
    - Production of red and white blood cells\*

#### Vitamin B<sub>12</sub> (as Adenosylcobalamin, Methylcobalamin)

- Adenosylcobalamin and Methylcobalamin (the methylated form of B<sub>12</sub>) are the most bioavailable, readily absorbed forms of B<sub>12</sub> available.\*
  - B<sub>12</sub> supports:
    - Energy production\*
    - Cellular metabolism of fats, carbs, and proteins\*
    - Healthy nerve function\*
    - Healthy DNA replication\*
    - Homocysteine modulation\*
    - Production of red blood cells\*

### Supplement Facts

Serving Size: 2 Capsules	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Thiamine (Vitamin B <sub>1</sub> as Thiamine HCl) 50 mg	4,167%
Riboflavin (Vitamin B <sub>2</sub> ) (as Riboflavin-5-Phosphate) 10 mg	769%
Niacin (Vitamin B <sub>3</sub> ) (as Niacinamide) 25 mg	156%
Vitamin B <sub>6</sub> (as Pyridoxal-5-Phosphate) 10 mg	588%
Folate (as 5-Methyltetrahydrofolate) 680 mcg DFE	170%
Vitamin B <sub>12</sub> (as Adenosylcobalamin, Methylcobalamin) 400 mcg	16,667%
Biotin 300 mcg	1,000%
Pantothenic Acid (Vitamin B <sub>5</sub> as Calcium-D-Pantothenate) 50 mg	1,000%
Organic PreBio Blend 590 mg	*
Organic rice concentrate, organic apple cider vinegar	
Daily Value Not Established	

Other Ingredients: Plant-source capsules (cellulose, water)

**Suggested Use:** As a dietary supplement, take 2 capsules daily with a meal or as directed by your healthcare practitioner.

**Warning:** If pregnant or nursing, consult your healthcare practitioner before using this product.

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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure and/or prevent any disease.