Methyl-B Complex

CELLULAR ENERGY SUPPORT*

KEY BENEFITS

- Supports optimal methylation and detoxification pathways*
- Enhances cellular energy production and mitochondrial function*
- Boosts neurotransmitter balance and antioxidant defenses*

PRODUCT DESCRIPTION

Methyl-B Complex is a precision-engineered formula designed to optimize methylation, neurotransmitter balance, and cellular detoxification.* This advanced blend features active, bioavailable B vitamins, including L-Methylfolate (5-MTHF) and Methylcobalamin (B12), ensuring efficient homocysteine regulation, DNA synthesis, and energy production.* P5P (Vitamin B6), betaine, and choline work synergistically to support cognitive function, cardiovascular health, and liver detox pathways.*

Methyl-B Complex also features BioActive Carbon® Technology, which enhances absorption and facilitates the removal of metabolic byproducts, making Methyl-B Complex an essential tool for those with genetic variations (e.g., MTHFR), stress-related fatigue, or poor detoxification capacity.*

LABEL INFORMATION

Directions: Take 1 capsule daily, or as otherwise directed by a healthcare practitioner. Can be taken with or without food.

CAUTION: Please consult your healthcare practitioner before use if you are pregnant, breastfeeding, or considering use for a child. Store in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN.

***This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

	Amount Per Serving	% DV
Thiamin (Vitamin B1) (as thiamin hydrochloride)	100 mg	8,333%
Riboflavin (Vitamin B2) (as riboflavin and riboflavin-5-phosphate)	50 mg	3,846%
Niacin (Vitamin B3) (as niacinamide)	80 mg	500%
Vitamin B6 (as pyridoxine hydrochloride and pyridoxal-5-phosphate)	50 mg	2,941%%
Folate (as L-5-methyltetrahydrofolate calcium)	680 mcg DFE	170%
Vitamin B12 (as methylcobalamin)	800 mcg	33,333%
Biotin (as D-biotin)	400 mcg	1,333%
Pantothenic Acid (as D-calcium pantothenate)	0.1 mg	2%
Choline (as choline bitartrate)	30 mg	5%
Inositol	50 mg	†
Betaine Anhydrous (trimethylglycine)	120 mg	†
PABA (para-aminobenzoic acid)	25 mg	†
BioActive Carbon® Technology BC1 Humic Shale (containing Fulvic Acid)	10 mg	†

† Daily Value (DV) not established.

Other Ingredients: Vegetable Cellulose (Capsule), Leucine Complex, Microcrystalline Cellulose, Silica.