

Bio·B Matrix LT (formerly Cyto B-Complex)

A complete blend of active B-vitamins with added L-Theanine and spirulina for patients with low energy, mental health concerns, stress and cognitive impairment.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- A comprehensive blend of B-vitamins in their metabolically active and highly bioavailable forms
- 100mg of L-theanine per capsule, for mood and stress support through alpha-brain wave induction
- 60mg per capsule of spirulina, the blue-green algae that supplies a rich source of phytonutrients, carotene and additional B vitamins
- 100mg of myo-inositol per capsule, to balance mood through improved receptor sensitivity of neurotransmitters and hormones

In many ways, B-vitamins are a primary fuel for the human body. They are necessary co-factors in enzymatic reactions and most physiological functions. Unfortunately, many people have suboptimal dietary intake to match the demands of the body, with various stressors and medications being well-known to deplete various B-vitamins. Bio·B Matrix LT offers a complete blend of active and highly bioavailable B-vitamins to replete the system.

Although B-vitamins are classically considered for their ability to improve energy, mood and cognition,

the list of benefits and indications is vast. For example, vitamins B6, B12 and B9 (folate) collectively help to reduce homocysteine, a toxic metabolite correlated with a greater risk of cardiovascular events, osteoporosis and other chronic diseases. Many B-vitamins are necessary for the production of neurotransmitters such as serotonin and GABA, while in the liver B-vitamins play a crucial role in detoxification processes. Finally, myo-inositol acts as a 'B-vitamin-like' compound that improves receptor sensitivity, hormone balancing and mood.

For these many reasons, B-vitamin supplementation may be necessary in select populations. The problem is that not all B-vitamins are created equal and each B-vitamin exists in many different forms, with variable absorption rates and utilization in the body. For example, vitamin B6 in the form of pyridoxine HCl must first be activated in the liver into pyridoxal-5-phosphate. Folic acid must also be converted into 5-Methyltetrahydrofolate (5-MTHF) to become metabolically active. Bio·B Matrix LT includes these active forms for optimal absorption, utilization in the body and clinical outcomes.

L-Theanine is an amino acid naturally found in green and black tea that has been shown to induce alpha

brain waves and cause a relaxed yet alert state. Supplementation with L-Theanine can modulate a number of neurotransmitters in the brain, such as dopamine, GABA and serotonin, which may partially explain its beneficial effect on mood and stress. Research has specifically found that L-Theanine alone can improve insomnia, anxiety, attention-deficit hyperactivity disorder (ADHD) and cognitive deficits like the inability to focus and poor concentration.

Finally, the blue-green algae and superfood known as spirulina rounds out the Bio-B Matrix LT formula. Spirulina acts as a potent antioxidant capable of improving cholesterol levels, allergies, blood pressure and blood sugar regulation.

Bio-B Matrix LT offers a complete blend of highly bioavailable and active B-vitamins, with added L-Theanine and spirulina to synergistically improve markers of mood, energy, stress and cognition.

Each capsule contains

L-Theanine	100mg
(derived from green tea)	
Vitamin B1	50mg
(thiamine HCl)	
Vitamin B2	50mg
(riboflavin-5-phosphate)	
Vitamin B3	50mg
(niacinamide)	
Vitamin B5	100mg
(calcium d-pantothenate)	
Vitamin B6	25mg
(pyridoxal-5-phosphate)	
Vitamin B7	250mcg
(biotin)	
Vitamin B9	500mcg
(L-5-methyltetrahydrofolate)	
Vitamin B12	500mcg
(methylcobalamin)	
Choline	100mg
(choline bitartrate)	
Inositol	100mg
Spirulina	60mg

Non-Medicinal Ingredients

Vegetable-grade magnesium stearate. Capsule: hypromellose.

Recommended Use Claim

Helps the body to metabolize carbohydrates, fats and proteins. Helps to support liver function. Helps to temporarily promote relaxation.

Directions of Use

Adults - Take 1 capsule, 2 times per day with food or as directed by a healthcare professional.

Cautions and Warnings

Do not use if safety seal is broken. Consult a healthcare professional prior to use especially if you are pregnant or breastfeeding.

Storage Conditions

Do not use if safety seal is broken.