

# Bio-B Matrix HP

A high potency B-vitamin complex with active and bioavailable forms, including benfotiamine as a fat-soluble form of vitamin B1 for additional nerve and blood sugar support.

Vegan

GMO Free

Gluten Free

Soy Free

Dairy Free



- A high potency blend of B-vitamins, in their metabolically active and highly bioavailable forms such as pyridoxal-5-phosphate (B6), methylcobalamin (B12) and 5-methyltetrahydrofolate(5-MTHF; B9)
- Includes benfotiamine, a fat-soluble version of vitamin B1, which has been demonstrated to achieve higher peak blood levels, greater bioavailability (AUC) and improved uptake into brain, muscle, liver and kidney tissues
- Also contains inositol, a key molecule in improving receptor sensitivity of neurotransmitters and hormones, and choline, a neurotrophic factor necessary for proper neurological development
- Recommended full daily dose is 3 capsules per day for optimal support

B-vitamins are essential for optimal health as they are necessary cofactors 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 HP offers a solution by providing the most complete blend of active and highly bioavailable B-vitamins in the Cyto-Matrix line to efficiently 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, B9 and B12 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 also necessary for the production of neurotransmitters such as serotonin and GABA, while in the liver B-vitamins play a crucial role in detoxification processes.

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 HP includes all of these active forms for optimal absorption, utilization

in the body and clinical outcomes. However, the most unique B-vitamin form found in Bio-B Matrix HP is undoubtedly benfotiamine. Benfotiamine is a fat-soluble version of B1 that is much better absorbed when compared to the more commonly supplemented thiamine HCl. Specifically, bioavailability studies have found that benfotiamine provides approximately 5 times the peak blood levels of B1 and 3.6 times greater bioavailability (as per AUC; area under the curve). More importantly, benfotiamine allows for 5 times greater uptake into muscle tissue, 25 times greater into brain tissue and 10-40% better incorporation into other organs such as liver and kidney. Clinical trials utilizing benfotiamine have found that it is capable of protecting nerves from damage, improving nerve conduction and regulating blood sugar.

Bio-B Matrix HP offers a complete blend of highly bioavailable and active B-vitamins, including the highly effective and bioavailable form of vitamin B1, benfotiamine. Inositol and choline are added for their ability to improve receptor sensitivity and aid in the proper neurological development, respectively.

### Each capsule contains

Vitamin B1 (benfotiamine)	33.3mg
Vitamin B2 (riboflavin-5-phosphate)	8.3mg
Vitamin B3 (inositol hexanicotinate)	166.6mg
Vitamin B5 (Pantesin®* panthenine, calcium D-pantothenate)	166.6mg
Vitamin B6 (pyridoxal-5-phosphate)	33.3mg
Folate (L-5-methyltetrahydrofolate)	333.3mcg
Biotin	166.6mcg
Vitamin B12 (methylcobalamin)	333.3mcg
Inositol (inositol hexanicotinate, inositol)	133.3mg
Choline (Choline L(+) Bitartrate (VitaCholine™))	81.6mg

Pantesin®

\*Pantesin® is a registered trademark of Kyowa Pharma Chemical Co., Ltd.

\*\*VitaCholine™ is a trademark of Balchem Corporation

### Non-Medicinal Ingredients

Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose, chlorophyllin.

### Recommended Use Claim

Source of vitamins to support biological functions which play a key role in the maintenance of good health. Helps to support liver function and energy production and to maintain immune function, metabolism and healthy hair, nails and skin.

### Directions of Use

Adults - Take 1 capsule, 3 times per day or as directed by a healthcare professional.

### Cautions and Warnings

Do not use if safety seal is broken.

### Storage Conditions

Keep out of reach of children.