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ESSENTIALS

MEGA B COMPLEX

Energy Formula. Contains nutrients to reduce tiredness and fatigue.

Nutritional Information

One Tablet provides:

		*%NRV
Vitamin C	1000 mg	1250
Thiamin (B1)	39 mg	3545
Riboflavin (B2)	50 mg	3571
Niacin (B3)	50 mg NE	313
Vitamin B6	41 mg	2929
Folic Acid	400 µg	200
Vitamin B12	50 µg	2000
Biotin	50 µg	100
Pantothenic Acid	50 mg	833
Choline Bitartrate	50 mg	
Inositol	50 mg	
PABA	50 mg	

*NRV = Nutrient Reference Values NE = Niacin Equivalent

Take one tablet daily with a meal. Swallow with water.



SUMMARY

- High potency vitamin B and C complex.
- Can help support concentration and memory
- Recommended for active and hectic lifestyles.
- Enhances energy levels and is recommended for people with elevated stress levels.
- Helps to reduce fatigue and tiredness.

DESCRIPTION

A high potency timed released formula providing a full spectrum of the B vitamins plus vitamin C. Designed to support a hectic lifestyle, it helps support energy and concentration levels. It reduces tiredness and fatigue and the effects of stress on the body. Vitamins B1, B2, niacin (B3), B6, pantothenic acid and vitamin C contribute to the reduction of tiredness and fatigue. Vitamins B1, niacin (B3), B6, B12, biotin and vitamin C contribute to normal functioning of the nervous system and normal psychological function. Vitamin C is an antioxidant nutrient that contributes to the protection of cells from oxidative stress and to the normal functioning of the immune system. As a water-soluble nutrient, vitamin C supplies in the body are used up quicker under stress leading to a lowering of immune function and increased incidence of infections.

HOW DOES MEGA B COMPLEX SUPPORT A HECTIC LIFESTYLE?

Energy production

The Krebs cycle: B vitamins and vitamin C are required directly for the Krebs cycle. They are used as important cofactors.

- Niacin (B3) – NADH.
- Riboflavin (B2) - FADH.
- Pantothenate (B5) and vitamin C - Coenzyme A.
- Vitamin B12 - methylmalonyl-CoA

NADH, FADH, Coenzyme A and methylmalonyl-CoA feed directly into the Krebs cycle where they aid in the production of ATP, a vital energy source. Vitamin C is required for the synthesis of carnitine, which then goes on to form Coenzyme A. Insufficient intake of C and B vitamins can impair energy production. It is important to have a steady supply of B vitamins and vitamin C throughout the day for adequate energy production.

Oxygen transportation: B vitamins contribute towards oxygen transportation in the body. Vitamins B3, folate and B6 are all required for the synthesis of all haem proteins, including haemoglobin, necessary for iron transportation and energy production¹. Anaemia can be caused by a deficiency in any of these nutrients, as well as a deficiency in iron. Vitamin C is required for the absorption of iron in the gut. Even in the case of iron deficiency anaemia, a B complex with vitamin C should be taken for a multi-therapeutic approach to recovery.

The thyroid: The thyroid is an essential gland for metabolism and energy production, and requires vitamin B2 to work effectively. Vitamin B2 is required as a cofactor in the synthesis of flavoproteins (proteins that contain nucleic acids). These are essential for the proper function of the thyroid².

Brain function

Blood brain barrier: B vitamins are required for the health of the nerves and are actively transported across the blood brain barrier, where their levels are tightly regulated¹.

Neurotransmission: Choline is required for the creation of acetylcholine, and B1 plays a neuro-modulatory role in the acetylcholine neurotransmission. Acetylcholine is a neurotransmitter required for nerve-to-nerve communication, muscle function, learning and memory².

Mood and sleep: Furthermore, B vitamins are required for mood and sleep. Vitamin B6 and folate are required as cofactors in the synthesis of many neurotransmitters including dopamine, serotonin and GABA. Suboptimal levels of B6 cause a decrease in the production of these neurotransmitters which can affect mood and sleep¹.

Cognitive decline: With B vitamins playing an essential role in neurotransmission, cognitive decline, neurological and psychiatric symptoms can result as a deficiency in any of the B vitamins¹, and most commonly folate and B12³.

The stress response

The adrenal glands: B vitamins are needed as cofactors in the synthesis of adrenaline which is produced by the adrenal glands in times of stress and enables us to think and move quickly under pressure. In times of chronic stress, these can quickly become depleted. Vitamin B5 is especially required by the adrenal glands for the manufacture of stress hormones. A deficiency can result in impaired adrenal function and the failure to produce cortisol⁴. Folic acid and vitamin B12 can become rapidly depleted in states of stress and elevated cortisol. They need to be replaced frequently during chronic stress states. Vitamin C is also released alongside stress hormones, and during periods of stress, our need for vitamin C increases.

WHY IS A B COMPLEX WITH VITAMIN C PREFERRED TO SINGLE NUTRIENTS?

B vitamins work together and have a synergistic effect. Although a specific B vitamin may be required for a specific symptom, others may enhance that action.

- Vitamin B2 helps to recycle B3, folate and B6¹.
- B3 is required for the conversion of folate into its bioactive form – methyltetrahydrofolate.
- A deficiency in either B12 or folate can appear the same and taking just one of these can hide a deficiency state of the other.

We are very rarely deficient in just one B vitamin, although only one may present itself in a deficiency disease, this is with the exception of vitamin B12 with pernicious anaemia and veganism where a single deficiency is possible. A deficiency generally occurs due to poor diet, poor absorption or with an increased need, which most often affects all of the B vitamin family.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING MEGA B COMPLEX?

Mega B Complex is intended for use by individuals who wish to support the stress response, energy production, the immune system and brain function and is not suitable for:

- Pregnant and breastfeeding women
- Children

FEATURES

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- Enhances energy levels and is recommended for people with elevated stress levels.
- Helps to reduce fatigue and tiredness.
- Vegan
- Gluten-free
- Dairy-free

HEALTH NEEDS



ENERGY



STRESS & HECTIC
LIFESTYLE

SCIENTIFIC REFERENCES

1. Nutrients. 2016 Feb; 8:2: 68.
2. Current Opinion in Neurobiology.2006;16:6:710-715
3. Lancet Neurol. 2006 Nov;5:11:949-60.
4. Vitamins & Hormones. 1953;11: 133-158