PREMIER RESEARCH LABS

PREMIER COMPLETE B

Full Spectrum B Vitamin Formula

with 8 types in premier forms

- ✓ 8 types of premier B vitamins
- ✓ The best bioavailable forms
- ✓ Energy metabolism
- ✓ Hormone synthesis
- ✓ Nerve transmissions
- ✓ Blood cell formation

Your Premier, Full Spectrum B Vitamin Formula

Premier Complete B capsules provide a full spectrum B vitamin formula with all 8 types of critical B vitamins that are all present in their biologically active forms. This formula directly delivers the fully activated, blood-circulating forms of B vitamins.

B vitamins play important roles in nearly all of the body's functional systems. Some of the wide-reaching supportive roles of B vitamins include the health of the nervous system, support for liver, skin and hair as well as maintaining muscle tone in the gastrointestinal tract. A sufficient level of B vitamin intake is essential for maintaining adequate energy metabolism, mood balance, hormone synthesis, hemoglobin formation and proper nerve cell impulse transmissions.

This formula features these 8 types of B vitamins:

- Vitamin B1 as **Thiamine HCl** - 50 mg (4,170% DV)
- Vitamin B2 as **Riboflavin-5-Phosphate** - 10 mg (700% DV)
- Vitamin B3 as **Niacinamide** (no flush form) - 25 mg (160% DV)
- Vitamin B5 as **Calcium-d-Pantothenate/ Pantothenic Acid** - 50 mg (1,000% DV)
- Vitamin B6 as **Pyridoxal-5-Phosphate** - 10 mg (590% DV)
- Folate as **5-Methyltetrahydrofolate** - 400 mcg (100% DV)
- Vitamin B12 as **Adenosylcobalamin and Methylcobalamin** - 400 mcg (16670% DV)
- **Biotin** - 300 mcg (1,000% DV)

Get the Whole B Complex - in the Best Bioavailable Forms

Because B vitamins work together as a team, a good recommendation is to regularly take a supplement that contains the whole vitamin B complex family.

Even when you are taking only one individual vitamin B vitamin product for specific support (such as vitamin B12 or folate), it is still recommended to take a complete B vitamin supplement along with it to give you full B vitamin support. The whole B family is needed to help keep your body in balance and harmony for physical, emotional and mental health.

Even if you were able to eat large amounts of foods that are rich in B vitamins, such as fruits, vegetables and grains, you might still typically fall short of the desired daily intake of B vitamins.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

PRL's Commitment to Excellence:
Each PRL Formula Meets or Exceeds FDA/cGMP Standards

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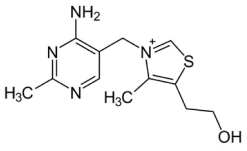
Why would this be true? First, many foods are not optimally grown and may contain poor amounts of vitamins. Secondly, certain people may not be able to fully convert the B vitamins found in food to their coenzyme forms which is necessary for them to become metabolically active in the body.

Unfortunately, over half of the U.S. population is unable to metabolize the unmethylated forms of specific B vitamins, such as folate and vitamin B12, to their active forms. When folate (as 5-methyltetrahydrofolate) and vitamin B12 (as methylcobalamin) are provided to the body in their fully active biologically forms, the body can readily use these active forms due to their optimal bioavailability. The body can also retain them in body tissues to use them as needed to promote healthy methyl formation.

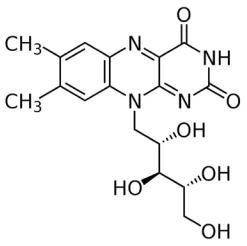
Your "A" List of "Must-Have" B Vitamins

Let's take at look at the whole "B" family – which includes B complex and other B-like vitamins - and why they need to be on your "A" list of "must-have" nutrients.



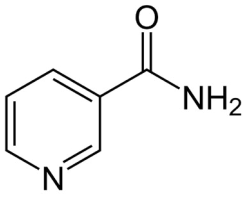
Superstar #1: Vitamin B1 (Thiamine HCL)

Vitamin B1 (thiamine HCl) is our first SuperStar B vitamin and plays a large role in the body. When vitamin B1 is hydrolyzed, the body metabolizes it to thiamin pyrophosphate (TPP), the cocarboxylase form. TPP is a key co-enzyme that is involved in many enzymatic reactions reactions in the body including the processing of protein, carbohydrates and fats. Vitamin B1 is also required to form ATP (adenosine triphosphate), the key source of energy for the entire body. Vitamin B1 also promotes nerve cell health.



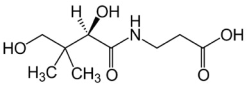
Superstar #2: Vitamin B2 as Riboflavin (R-5-P)

Vitamin B2 as Riboflavin, or vitamin B2 is our second Superstar B vitamin, in the superior end-chain form: riboflavin-5 phosphate. A sufficient amount of vitamin B2 is crucial for its ability to help break down proteins, fats and carbohydrates. It also plays a vital role in maintaining the body's energy supply by helping convert carbohydrates into ATP which provides energy for many physiological processes. It is an important cofactor for the activation and conversion of other B vitamins such as vitamin B6 and folate.



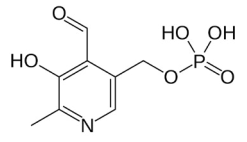
Superstar #3: Vitamin B3 (Inositol hexanicotinamide)

Vitamin B3 as Inositol hexanicotinamide (niacin in the no-flush form) is our third B vitamin Superstar. Vitamin B3 is essential vitamin that supports cardiovascular health and carbohydrate metabolism. Niacinamide is the active form of vitamin B3, a component of the coenzyme NAD.



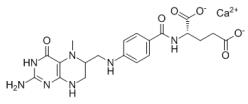
Superstar #4: Vitamin B5 (as Calcium-d-pantothenate)

Vitamin B5 or pantothenic acid is our Superstar #4. Vitamin B5 is provided in the superior end-chain form of B5 **(coenzyme A)** as well as the high-powered derivative, **acetyl coenzyme A**, in a stable form and both are present in Premier Complete B capsules. Vitamin B5 is an essential nu trient that is needed to synthesize coenzyme-A and plays a vital role in the production, transport and breakdown of fats. Vitamin B5 also promotes the production of the important neurotransmitter, acetylcholine.



SuperStar #5: Vitamin B6 (as Pyridoxal-5-Phosphate)

Vitamin B6 as Pyridoxal-5-Phosphate, the active form of Vitamin B6, is our SuperStar #5. Vitamin B6 serves as a cofactor in many enzymatic reactions in the body and supports amino acid metabolism, nervous system health and the biosynthesis of neurotransmitters (such as serotonin and GABA). Vitamin B6 also supports support red blood cell health by participating in hemoglobin synthesis. Like folate and vitamin B12, vitamin B6 has also been associated with lower levels of homocysteine. Some studies suggest that vitamin B6 supports tendon health and wrist nerve comfort.

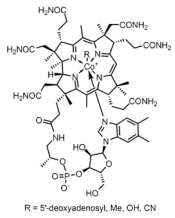


SuperStar #6: Folate (as 5-Methyltetrahydrofolate)

Folate as 5-Methyltetrahydrofolate, is the active form of folate, a metabolite of folic acid also known as L-5-methyltetrahydrofolate (L-5-MTHF), which is involved in cell division and cell maintenance. Folate promotes the adequate production of healthy chromosomes and DNA. Adequate levels of folate are also important for neurotransmitter synthesis as well as nucleic acid synthesis.

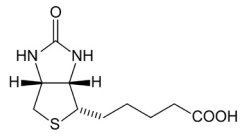
The active folate metabolite, 5-methyltetrahydrofolate (L-5-MTHF) is the predominant, naturally occurring form of folate that is found in food. Even if you could eat large amounts of folate-rich foods (as found in fruits and vegetables), research shows that folic acid derived from food may be less readily assimilated and utilized by the body than the end-chain form of folic acid, known as 5-methyltetrahydrofolate. This formula provides folate as L-5-MTHF for best assimilation.

The L-5-MTHF form of folate bypasses several enzymatic activation steps and is directly usable by the body. It is able to provide the benefits of folate regardless of individual functional variability. Working along with vitamins B12 and B6, folate helps to support healthy homocysteine metabolism. Folate is also critical for the growth and reproduction of red blood cells and white blood cells.



SuperStar #7: Vitamin B12 (as Adenosylcobalamin, Methylcobalamin)

Vitamin B12 (adenosylcobalamin, methylcobalamin) is involved in cellular metabolism of carbohydrates, lipids, and proteins. Vitamin B12 supports healthy nerve cell function and development as well as DNA replication. It is required for energy production and overall health of the body, including red blood cell formation. Vitamin B12 works in conjunction with folate and vitamin B6 to support healthy homocysteine metabolism. Research has shown that vitamin B12 levels decline as we age. This may be due to poor food choices, reduced intake of vitamin B12-rich foods or poor absorption.



SuperStar #8: Biotin (also known as Vitamin B7)

Biotin is also known as Vitamin B7. D-Biotin is the active form of biotin. It acts as a coenzyme for the metabolism of carbohydrates, protein and fats. Biotin is involved in many metabolic processes as an important component of enzymes.

Your Premier, Full Spectrum B Vitamin Formula

Premier Complete B capsules provide a full spectrum B vitamin formula with all 8 types of critical B vitamins that are all present in their biologically active forms. This formula directly delivers the fully activated, blood-circulating forms of B vitamins. This is a premier formula to provide your patients with the full range of B vitamin support for all their nutritional needs.

INGREDIENTS

Two Vegetarian Capsules Provide:

Thiamine (Vitamin B1 as Thiamine HCl)	50 mg
Riboflavin (Vitamin B2) (as Riboflavin-5-Phosphate)	10 mg
Niacin (Vitamin B3) (as Niacinamide)	25 mg
Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg
Folate (as 5-Methyltetrahydrofolate)	400 mcg
Vitamin B12 (as Adenosylcobalamin, Methylcobalamin)	400 mcg
Biotin	300 mcg
Pantothenic Acid (Vitamin B5 as Calcium-d-Pantothenate)	50 mg
Culture ProBlend	590 mg
Organic Rice Concentrate, Apple Cider Vinegar	

Other Ingredients: Vegetable Capsules (hydroxypropyl methyl cellulose)

Suggested Use. Take 2 capsules daily or as directed by a health professional.

Code: 2200 (60 vegetarian caps/bottle); Violite® Container R1.0

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