



Ingredients

Each vegetable capsule contains:

Vitamin B1 (Thiamine hydrochloride)	50 mg
Vitamin B2 (Riboflavin)	50 mg
Vitamin B2 (Riboflavin-5-phosphate sodium)	5 mg
Myo-inositol, hexa-3-pyridinecarboxylate (Inositol hexanicotinate, flush free)	35 mg
Vitamin B3 (Niacinamide)	15 mg
Vitamin B5 (Calcium D-pantothenate)	50 mg
Vitamin B6 (Pyridoxal-5-phosphate)	5 mg
Vitamin B6 (Pyridoxine hydrochloride)	50 mg
Folic acid	1 mg
Biotin	75 mcg
Vitamin B12 (Methylcobalamine)	150 mcg
Choline (Choline bitartrate)	50 mg
Inositol	50 mg
PABA	50 mg

ULTRA B COMPLEX is available in 3 formats:

1. ULTRA B COMPLEX 50 mg
2. ULTRA B COMPLEX 100 mg
3. ULTRA STRESS B COMPLEX*

*ULTRA STRESS B COMPLEX contains the complex of B vitamins as well as 425 mg of vitamin C per capsule.



ULTRA B COMPLEX
 Sold exclusively to finer Health Food Stores
1-800-268-9486 www.newrootsherbal.com

UltraB Complex

Feel better
about yourself.

**ULTRA B COMPLEX PROVIDES
 A RANGE OF B VITAMINS THAT HELP
 YOU DEAL WITH STRESS AND ANXIETY.**



ULTRA B COMPLEX incorporates coenzyme B vitamins, functional flush-free niacin, and enhanced-absorption choline. The result is a fast-acting B complex that does what B's are supposed to do – actively support the mind and the body as well as the nervous, cardiovascular and digestive systems.



The secret to stress relief.

Many people today do not realize that stress and anxiety are often the result of an acute deficiency of B vitamins. Combined with environmental toxins and daily routine, stress levels can be avoided with adequate supplementation of B vitamins.

STRESS AND ANXIETY ARE OFTEN THE RESULT OF AN ACUTE DEFICIENCY OF B VITAMINS.

Why you need to supplement:

What the body doesn't use is eliminated in urine, which means a continuous supply is required. A deficiency of B vitamins causes over-tiredness and an increase in anxiety and stress levels. B vitamin complexes play essential roles and are responsible for producing the energy your body needs to be healthy and happy.

The power of B vitamins.

B vitamins are a complex of water-soluble vitamins. They are called "B Complex" because you do not find any one of them in a specific food or living tissue without the others being present. B vitamins complement each other. They are responsible mainly for the health and maintenance of nerves, eyes, digestion and skin, as well as the processing of carbohydrates, fat and protein, growth, the production of hormones and digestive enzymes, prevention of anaemia, maintenance of the sex glands, sebaceous glands and bone marrow.

Because of their solubility they cannot be stored in the body, so whatever is not utilized is rapidly excreted. However, a certain balance is advisable making a B-complex supplement ideal rather than taking large amounts of just one or two B vitamins. The B-complex vitamins are a group of similarly structured compounds, which is why they are referred to as a "Complex" vitamin. This complex of vitamins consists of B1 (thiamine HCl), B2 (riboflavin 5-phosphate and riboflavin HCl), B3 flush free (inositol hexanicotinate) and niacinamide, B5 (D-pantothenic acid, calcium), B6 (pyridoxal 5-phosphate

and pyridoxine HCl), B7 (biotin), B12 (methylcobalamine) and folic acid.

ULTRA B COMPLEX employs the synergistic action of all the B vitamins. B vitamins can enhance DNA methylation, a process that declines during aging, inhibit glycosylation (a proposed cause of aging), suppress apolipoprotein serum levels (a factor in atherosclerosis), suppress oxidative stress, protect against thrombosis (blood clots in arteries and vessels), and maintain micro-capillary circulation. People who are exposed to stressful situations, or who have a poor dietary intake, should supplement with a B-complex.

ULTRA STRESS B COMPLEX selectively provides high levels of B-complex vitamins and B-complex coenzymes with vitamin C to aid the body's greater need for adrenal support during times of stress. B vitamins in the active coenzyme form enable rapid absorption by the cells without having to be converted by the liver. The amount of B12 also is three times greater than conventional formulas to aid in stress relief, process carbohydrates, proteins, and fats, maintain the nervous system and make new red blood cells.

ULTRA B COMPLEX also contains:

Pyridoxal 5-phosphate

Pyridoxal 5-phosphate (P-5-P) is the active co-enzyme form of vitamin B6. Most B complex formulas contain only the inactive pyridoxine HCl form. New Roots Herbal uses P-5-P, as it does not have to be processed first by the liver because of its enzyme form and is immediately assimilated.

Riboflavin 5-phosphate

We added riboflavin 5-phosphate to make sure that people with certain enzyme deficiencies obtain the full benefits of vitamin B2. This form of vitamin B2 is sometimes referred to as "activated riboflavin" because of its fast-acting effects in the body. Riboflavin 5-phosphate is rapidly hydrolyzed to yield riboflavin after ingestion, and riboflavin and riboflavin 5-phosphate are in metabolic equilibrium after absorption. Riboflavin 5-phosphate is the prosthetic group of flavoproteins involved in general cell metabolism as hydrogen acceptors.

PABA, Inositol & Choline Citrate

PABA, inositol and choline citrate are included in this group. Choline citrate and inositol, are vitamin-like substances that participate in metabolising fat. We use choline citrate for better assimilation of the B vitamins. B-complex vitamins are used in the proper formation of every cell in your body, particularly nerve cells. This is why it is so important for pregnant women to get their B's (especially folic acid) and why a deficiency in certain types of the B's manifests itself first as low mood or moodiness. Extreme B deficiency can cause muscular weakness and edema.

Warning

Consult your health care practitioner before taking if pregnant.

Keep out of reach of children.