

B-COMPLEX

Energy, Heart Health, DNA Synthesis, and More.

Shaklee B-Complex provides all eight essential B vitamins necessary for converting the food we eat into energy. B vitamins are essential in the synthesis of DNA and new cells.

The B vitamins – folic acid, B6, and B12 – promote a healthy cardiovascular system by helping to lower homocysteine levels in the blood.^{1,2} When occurring at high levels in the blood, the amino acid homocysteine, appears to be associated with an increased risk of cardiovascular disease.

Adequate amounts of folic acid in healthy diets may reduce a woman's risk of having a child with brain or spinal cord birth defects.³ Such birth defects, while not widespread, are very serious and can have many causes.

You Need All Eight Bs

There are eight essential B vitamins, and they work best when they work together. Unfortunately, the typical Western diet doesn't provide enough whole grains, leafy green vegetables, and fish needed to provide 100% of the Daily Value. Shaklee B-Complex provides all the B vitamins you may not be getting in your diet. The eight B vitamins, including biotin, work to:

- Promote healthy cardiovascular systems.
- Help metabolize energy from carbohydrates, fat, and protein.
- Aid in the synthesis of DNA and new cells.

The Shaklee Difference

Patented Bioactivated Absorption System™

Folic acid, a critical B vitamin, isn't easily absorbed. But Shaklee developed a unique folic acid coating that makes the nutrient more accessible and bioavailable. This patented technology is a Shaklee exclusive.

A Better B:

Patented Bioactivated Absorption System.

All eight essential B vitamins, including biotin.

Enhanced nutrient delivery.

Easy-to-swallow tablet.

B Complex * kosher

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| 60 tablets | #20198 | 30 servings |
| 120 tablets | #20186 | 60 servings |
| 240 tablets | #20194 | 120 servings |