



# BodyBio Vitamin B+

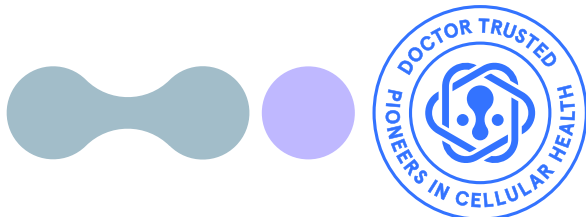
## High Potency B Complex for Metabolic and Cellular Health

Vitamin B+ is a unique compound of multiple essential B vitamins that work closely together: B1, B2, B3, B5, B6, B7, B9 (folinic acid), and methyl B12.

B vitamins are essential for many important life functions. BodyBio Vitamin B+ offers a well-balanced blend of key B vitamins to provide your body with the potency essential for good health.\*

### AVAILABLE FORMAT:

60 Capsules



## B VITAMINS KEY

|                              |                              |
|------------------------------|------------------------------|
| <b>B1</b> – Thiamine         | <b>B6</b> – Pyridoxine       |
| <b>B2</b> – Riboflavin       | <b>B7</b> – Biotin           |
| <b>B3</b> – Niacin           | <b>B9</b> – Folinic acid     |
| <b>B5</b> – Pantothenic acid | <b>B12</b> – Methylcobalamin |

## BENEFITS

### Energy Metabolism

B1, B2, B3, B5 and B7 serve as essential coenzymes in carbohydrate, fat, and protein metabolism. They support mitochondrial function and ATP production, promoting sustained cellular energy and metabolic efficiency.\*

### Methylation & Detoxification

B2, B6, B9 and methyl B12 drive one-carbon metabolism and methylation. These processes regulate DNA synthesis and repair, gene expression, liver detox, hormone clearance, cardiovascular health, and cellular renewal.\*

### Nervous System Support

B1, B6, B9 and methyl B12 support neurotransmitter production, nerve conduction, and myelin synthesis—key for memory, cognition, and neuroprotection.\*

### Stress and Mood Regulation

B6 and methyl B12 help synthesize serotonin, dopamine, and GABA. These B vitamins further support adrenal function, and help buffer the physiological effects of chronic stress—promoting emotional balance and nervous system resilience.\*

### Red Blood Cell Formation

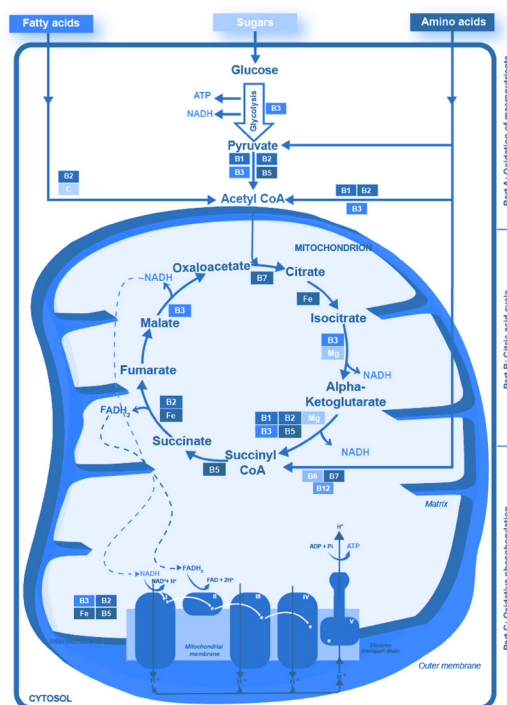
B6, B9, and methyl B12 are necessary for erythropoiesis. Adequate intake supports oxygen transport, reduces the risk of megaloblastic and microcytic anemia, and helps minimize fatigue associated with suboptimal red blood cell function.\*

## TRUST POINTS

Our Vitamin B+ is a unique blend of essential B vitamins that work synergistically to support overall health. It includes B1, B2, B3, B5, B6, B7, B9 (folinic acid), and methyl B12, without any synthetic folic acid or choline.

This powerful combination promotes the immune and nervous systems, while also supporting sustained energy levels, ensuring your body has the necessary nutrients to function at its best.

## EVIDENCE



### Role of B Vitamins in Cellular Energy Production

This figure presents a simplified overview of energy metabolism. Macromolecules are first oxidized to acetyl-CoA (Part A) through pathways such as glycolysis, which converts glucose to pyruvate—a process requiring vitamins B1, B2, B3, B5, and C. Acetyl-CoA then enters the citric acid cycle (Part B), where energy is generated in the form of NADH and FADH<sub>2</sub> through multiple oxidative reactions involving B1, B2, B3, B5, B6, B7, and B12, along with iron and magnesium. In the final stage, electrons from NADH and FADH<sub>2</sub> enter the electron transport chain (Part C) to drive ATP synthesis, a step that relies on B2, B3, B5, and iron.

Tardy, A. L., Pouteau, E., Marquez, D., Yilmaz, C., & Scholey, A. (2020). Vitamins and Minerals for Energy, Fatigue and Cognition: A Narrative Review of the Biochemical and Clinical Evidence. *Nutrients*, 12(1), 228.

# APPLICATIONS

## Cardiovascular Health

B vitamins help regulate homocysteine, a cardiovascular risk factor linked to endothelial dysfunction, arterial stiffness, and thrombosis. This high-potency complex promotes efficient methylation, nitric oxide balance, vascular integrity, and healthy lipid metabolism for comprehensive cardiovascular protection.

## Neurological Support

B vitamins are vital for neurotransmitter synthesis, adrenal function, and cellular energy. This formula supports the nervous system and cognition under stress—stabilizing mood, enhancing memory and focus, and reducing mental fatigue in anxiety, burnout, or age-related decline.

## Prenatal and Reproductive Health

Provides foundational support for fertility, pregnancy, and fetal neural development. Folic acid, a bioavailable form of vitamin B9, is especially critical to reduce the risk of neural tube defects.

# SCIENTIFIC RATIONALE

## Energy Production and Mitochondrial Function

B vitamins—particularly B1, B2, B3, B5, and B7—are coenzymes for enzymes in the citric acid cycle and electron transport chain. Without adequate levels, ATP production is impaired, leading to fatigue and decreased metabolic efficiency.

## Homocysteine Regulation and Methylation

Methyl B12 supports the remethylation of homocysteine to methionine by serving as a cofactor, while folic acid contributes indirectly by converting into active folate forms that supply necessary methyl groups. This critical pathway supports DNA methylation, neurotransmitter synthesis, and glutathione production, while reducing homocysteine accumulation associated with cardiovascular disease, neurodegeneration, and systemic inflammation.\* Furthermore, B2 and B6 are key enzymatic cofactors in one-carbon metabolism.

## Why Folic Acid vs. Methyl Folate?

Folic acid is a bioavailable, non-methylated form of folate that bypasses multiple steps in the conversion of folic acid to its active form. While it still requires MTHFR for conversion to methylfolate, it offers a gentler alternative for individuals who may be sensitive to methylated folate.

## Detoxification and Hormone Metabolism

B vitamins play a central role in both phase I and phase II liver detoxification by serving as essential cofactors in pathways such as methylation, glucuronidation, and sulfation. These processes facilitate the clearance of estrogens, histamine, and environmental toxins (xenobiotics), reducing the burden of hormone excess or chemical accumulation.\*

## Neurological and Neurotransmitter Support

Neurological and Neurotransmitter Support: B1 supports acetylcholine production and glucose metabolism in the brain, critical for memory and cognitive performance; B6 directly facilitates the synthesis of serotonin, dopamine, and GABA; methyl B12 maintains methylation processes and SAMe production, supporting dopamine and serotonin balance and preserving myelin sheath integrity.

## Red Blood Cell Production and Oxygen Delivery

B6, B9, and methyl B12 are necessary for erythropoiesis. Deficiency may lead to macrocytic anemia, reduced oxygen-carrying capacity, and fatigue. Especially important in pregnancy, plant-based diets, and older adults.

# SUGGESTED USE

Take 1 capsule daily.

# SUPPLEMENT FACTS

| Serving Size: 1 capsule                       |                    |         |
|-----------------------------------------------|--------------------|---------|
|                                               | Amount per serving | % DV    |
| Vitamin B1 (as thiamine HCL)                  | 84 mg              | 7,000%  |
| Vitamin B2 (as riboflavin)                    | 67 mg              | 5,154%  |
| Niacin (as niacinamide)                       | 84 mg              | 525%    |
| Vitamin B6 (as pyridoxine HCL)                | 42 mg              | 2,471%  |
| Folate (as calcium folinate)                  | 667 mcg DFE        | 167%    |
| Folic Acid                                    | 400 mcg            |         |
| Vitamin B12 (as methylcobalamin)              | 250 mcg            | 10,417% |
| Biotin                                        | 4,000 mcg          | 13,333% |
| Pantothenic Acid (as calcium D. pantothenate) | 84 mg              | 1,680%  |
| Para-Amino Benzoic Acid                       | 84 mg              | †       |
| Inositol                                      | 84 mg              | †       |
| Pantethine                                    | 10 mg              | †       |
| † Daily Value (DV) not established.           |                    |         |

**Other ingredients:** Hypromellose (capsule), calcium carbonate, dicalcium phosphate, silica, magnesium stearate, microcrystalline cellulose.

SCAN QR CODE  
FOR REFERENCES

