



B-RELAX™

SUPPORTS NERVE & HEART HEALTH & RELAXATION*

11 BALANCED B VITAMINS

B-Relax™ Contains 11 Balanced B Vitamins:

- ✓ Thiamin (B1)
- ✓ Riboflavin (B2)
- ✓ Niacinamide (B3)
- ✓ Vitamin B6, Folic Acid
- ✓ Vitamin B12
- ✓ Biotin
- ✓ Pantothenic Acid (B5)
- ✓ PABA
- ✓ Choline
- ✓ Inositol

Recommended For:

- ✓ Nervous system support*
- ✓ Coping with stress and irritability*
- ✓ Cardiovascular support*

Nervous System Support*:

- ✓ **Thiamin & Niacinamide** are required for normal brain function, cognitive activity and aid in energy production.* Thiamin is also needed for acetylcholine production, a neurotransmitter involved in learning and memory functions.*
- ✓ **Vitamin B6** is needed for more than 100 enzymatic reactions in the body. Vitamin B6 is required for normal brain and nerve function, the synthesis of certain neurotransmitters and lipids that are part of the myelin sheath.*
- ✓ **Vitamin B12** is necessary for the maintenance of myelin, the fatty sheaths that cover and protect nerve endings.*
- ✓ **Biotin** supports healthy nerve tissue, aids in cell growth and fatty acid metabolism.*
- ✓ **Choline** is needed for the proper transmission of nerve impulses from the brain throughout the central nervous system.*

Relaxation Support*:

- ✓ **Pantothenic Acid** plays a role in the production of the adrenal hormones and is required by all cells.* Pantothenic Acid may be helpful in managing irregular moods and stress.*
- ✓ **PABA** (para-aminobenzoic acid) helps in the assimilation of pantothenic acid and a deficiency may lead to irregular mood states, irritability and nervousness.*
- ✓ **Vitamin B12** has been shown to enhance healthy sleep patterns, allowing for more restful and refreshing sleep.*
- ✓ **Inositol** has a calming effect and a deficiency may lead to mood swings and irritability.*



Cardiovascular Support*:

- ✓ **Thiamin and Niacinamide** are important for proper circulation.*
- ✓ **Riboflavin** is a necessary cofactor in the production of energy from carbohydrates, protein and fats.*
- ✓ **Vitamin B6** is important for proper metabolism of fat and cholesterol.* It is also involved in the process of transsulfuration, a pathway that breaks down homocysteine to manage its buildup in the bloodstream.*
- ✓ **Folic Acid and Vitamin B12** are needed for the normal formation of red blood cells which help increase capillary blood flow and are necessary to recycle homocysteine into methionine.* Folic Acid is a key vitamin involved in proper energy production, protein metabolism and repair of RNA and DNA.*
- ✓ **Biotin and Choline** aid in proper fat and cholesterol metabolism.*
- ✓ **Inositol** helps to maintain cholesterol levels within normal ranges.*

Supplement Facts

Serving Size 1 Capsule
Servings Per Container 60

Amount per Serving	% Daily Value
Thiamin 75 mg	5000%
Riboflavin 75 mg	4410%
Niacinamide 75 mg	375%
Vitamin B6 75 mg	3750%
Folic Acid 400 mcg	100%
Vitamin B12 (as Cyanocobalamin) 75 mcg	1250%
Biotin 300 mcg	100%
Pantothenic Acid 75 mg	750%
PABA (para-aminobenzoic acid) 75 mg	*
Choline 75 mg	*
Inositol 75 mg	*
*Daily Value not established.	

Other ingredients: vegetable (capsule) cellulose, vegetarian leucine, microcrystalline cellulose.

Suggested Use: As a dietary supplement, take 1 capsule daily with a meal.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.