



# B-BOOST - Complete

Vitamin B has often been considered a single stand-alone vitamin. However, several chemically distinct nutrients make up **B-Boost Complete**. These include Thiamine (Vitamin B-1), Riboflavin (Vitamin B-2), Niacin or Niacinamide (Vitamin B-3), Pantothenic Acid (Vitamin B-5), Pyridoxine (Vitamin B-6), Biotin (Vitamin B-7), Folic Acid (Vitamin B-9) and Cobalamin (Vitamin B-12). These B-Complex vitamins are water-soluble nutrients that are used throughout the body and provide an important aspect for cell metabolism. These are essential for a number of health benefits including the rate of metabolism, cell growth and development, the production of red blood cells, healthy skin and muscle tone, the proper function of the nervous system and a strong immune system.

**B-Boost Complete** provides 100 mcg of Vitamin B12 and 1070 mcg of Folic Acid in each tablet for optimal absorption.

**B-Boost Complete** also provides 100 milligrams per tablet of Choline, Inositol and PABA (para-aminobenzoic acid) which play important roles in cognition, liver function, fetal brain development and helping to promote healthy skin and hair. Because the B vitamins are water-soluble, any excessive intake is excreted in the urine as opposed to being stored by the body. As a result, they need to be replenished in the body on a regular basis or a risk of Vitamin B deficiency develops.

- **B vitamins** are important for proper circulatory function, for maintaining blood pressure within normal ranges and preserving proper cholesterol and homocysteine levels (important for heart health).\*
- **Vitamin B12** supports nerve health by maintaining the fatty sheaths that cover and protect nerve endings.\*
- **Vitamin B12** has also been shown to enhance sleep patterns, allowing for more restful and refreshing sleep.\*

- **Vitamin B12** also benefits vegetarians who are often B- deficient due to dietary restrictions.\*
- **Folic Acid and Vitamin B12** are needed for the formation of red blood cells to help support capillary blood flow and necessary to turn homocysteine into methionine, which allows the body to recycle or remove homocysteine as needed.\*
- **Methylcobalamin** is the bioactive form of B-12. When cyanocobalamin enters the blood it is converted to methylcobalamin. In fact, 80% of Vitamin B-12 in plasma is in the methylcobalamin form. Folic Acid may help with fluctuating moods and anxiety and is needed for protein metabolism and repair to RNA and DNA.\*

Supplement Facts		
Serving Size 1 Tablet Servings Per Container: 50		
Amount Per Serving		%Daily Value
Thiamin (as thiamin mononitrate)	100 mg	8,333%
Riboflavin	100 mg	7,692%
Niacin (as niacinamide)	100 mg	625%
Vitamin B-6 (as pyridoxine HCl)	100 mg	5,882%
Folate	670 mcg DFE	167% (400 mcg folic acid)
Vitamin B-12 (as cyanocobalamin)	100 mcg	4,167%
Biotin	100 mcg	333%
Pantothenic Acid (as calcium pantothenate)	100 mg	2,000%
Choline (as choline bitartrate)	40 mg	8%
Inositol	100 mg	*
para-Aminobenzoic acid	100 mg	*

\*Daily Value not established.  
Other ingredients: Calcium carbonate, vegetable stearic acid, croscarmellose sodium, vegetable magnesium stearate, hydroxypropyl methylcellulose, silicon dioxide, watercross powder and parsley leaf powder.

**Suggested use:** As a dietary supplement, take 1 tablet daily with a meal or as directed by your healthcare practitioner.

**Warning:** If you are pregnant or nursing, consult your health care practitioner before taking this or any nutritional product. Keep out of the reach of children. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

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