Super-B is a natural stress buster! This special formulation of B complex vitamins is the perfect way to help ease the tension and other symptoms associated with stress. It is a specialized and balanced high potency Vitamin B formula with higher concentrations of the B vitamins that are especially important in combating stress. B vitamins act as activating agents in metabolism, improve circulation, and are essential for the synthesis of cholesterol, steroids, and fatty acids. B vitamins stimulate the adrenal glands to increase production of cortisone and other adrenal hormones important for healthy skin and nerves.

**Brings Balance**

- **Thiamine HCl (Vitamin B1)** helps change glucose into energy or fat, helps metabolize fats, carbohydrates and proteins and balances nerves.

- **Riboflavin (Vitamin B2)** is necessary for normal cell growth and respiration. It also assists in the metabolism of fats, proteins, and carbohydrates, forms some enzymes and is part of some coenzymes. Riboflavin reduces the effects of stress and can help to minimize acne and other skin disorders. It also helps increase immunity and can help prevent free radical damage.

- **Niacin (Vitamin B3)** is involved in 50 different metabolic reactions in the body, including glycolysis, cholesterol metabolism, sex hormone synthesis, and proper digestion. Niacin is also important in circulation, healthy activity of the nervous system, and in healthy skin. Niacin is used as nicotinic acid to lower LDL (bad) cholesterol. Niacin is effective in lowering the risk of developing cardiovascular disease.

- **Pyridoxine HCl (Vitamin B6)** helps prevent muscular weakness, converts amino acids and is essential in metabolism of proteins and fats.

- **Folic Acid** helps the body form red blood cells and aids in the formation of genetic material within every body cell.

- **Vitamin B12** is also known as cobalamin. B12 is essential in nervous system functions, and it stimulates growth and appetite in children. B12 aids in red blood cell formation, increases energy level, and helps the body to use carbohydrates, fats, and proteins efficiently. Vitamin B12 is also important in RNA and DNA synthesis. Most deficiencies seen today are developed from poor absorption rather than lack of B12 in the diet. Poor absorption may be caused by many factors, including inflammatory bowel disease or gastric surgery. Pernicious anemia is the most common result of B12 deficiency. Many older people have pernicious anemia due to a decrease in intrinsic factor, which is essential for the absorption of B12. B Complex contains intrinsic factor and other ingredients that are essential for B12 absorption.

- **Biotin (Vitamin H)** is important in cell growth and respiration due to its role in RNA and DNA synthesis. Biotin is needed to maintain healthy hair and nails. A deficiency causes premature graying or loss of hair, and brittle finger and toenails. Biotin deficiency also adversely affects the immune system. Biotin is used to treat cradle cap in infants.

- **Calcium Pantothenate (Vitamin B5)** is involved in the metabolism of cholesterol, the release of energy from fats and protein, cell oxidation and synthesis of triglycerides, phospholipids, all steroids and important amines in the brain.

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**Supplement Facts**

<table>
<thead>
<tr>
<th>Serving Size: 1 Tablet</th>
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</thead>
<tbody>
<tr>
<td>Servings per Container: 60</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Thiamine HCl</td>
</tr>
<tr>
<td>Riboflavin</td>
</tr>
<tr>
<td>Vitamin B3</td>
</tr>
<tr>
<td>Pyridoxine HCl</td>
</tr>
<tr>
<td>Folic Acid</td>
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<tr>
<td>Vitamin B12</td>
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<tr>
<td>Biotin</td>
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<tr>
<td>Calcium Pantothenate</td>
</tr>
<tr>
<td>Choline</td>
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<tr>
<td>Betaine HCL</td>
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<tr>
<td>Inositol</td>
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<td>PABA</td>
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</tbody>
</table>

**Daily Value not established.**

Available in 60 & 180 count.
Super-B is a specialized, balanced, high potency Vitamin B formula

It is formulated with higher concentrations of the B vitamins that are especially important for stress management.

Processing

On-site laboratories are constantly monitored and tested by expert chemists and microbiologists to ensure consistent quality of raw materials, product batches, and finished products. Analyses are conducted to validate Super-B’s content and specifications, assuring high quality.

No Additives

This product contains no sugar, starch, salt, preservatives, artificial colors, flavors or additives, and no corn, wheat, yeast, soy, or milk derivatives.

FDA Drug Manufacturing Standards

MBi Nutraceuticals operates its own FDA licensed Drug Manufacturing facility. Our standard operating procedures are based on “Current Good Manufacturing Practices” as defined by the Food and Drug Administration. MBi ensures the highest quality nutraceuticals by applying our drug manufacturing procedures to every nutritional, herbal, food, homeopathic, and personal care product we make.

Synergistic MBi Products

Medulla Complex
Thiamine-250 TR
Niacet-150
Pantacid-400 TR
Pyricet-300 TR
Cobafol-500 SL
Folic Acid

Further Reading

Bondarev GI, Martinchik AN, Khotimchenko SA, Leshik IaD, Sokolov Al, [Correlation of the actual vitamin B1, B2 and B6 consumption with the biochemical indices of their body allowance] Voprosy pitaniia. 1986 Mar-Apr [2], pp. 34-7.

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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