

VITAMIN B COMPLETE

B-Complete is a state-of-the-art comprehensive B-Vitamin supplement that utilizes only the highest quality ingredients that work harmoniously to help boost metabolism and energy, enhance the immune system and nervous system, keep the skin and muscles healthy, and encourage cell growth and division. This enhanced and upgraded formulation has been synchronized to work in harmony with other IDLife products such as the new Advanced Daily and Methylation+ formulas.



- Includes biologically superior coenzyme forms of Folate (5-MTHF) and Methylated B12.
- Meets childbearing dosage requirements.
- May help boost metabolism and energy levels, enhance the immune system and nervous system, keep the skin and muscles healthy, and encourage cell growth and division.

Heart

B-Complete offers several benefits for heart health through its carefully selected blend of B-Vitamins and other complementary components. B-Complete's comprehensive formulation works synergistically to support heart health by assisting in the management of key factors such as homocysteine levels and lipid profiles, thereby contributing to overall cardiovascular well-being.

Energy

B-Complete offers a myriad of benefits to energy levels by harnessing the power of its thoughtfully curated blend of B-Vitamins. This comprehensive array of B-Vitamins in B-Complete synergistically works to enhance energy metabolism, ultimately promoting greater overall vitality and endurance.

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

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Supplement Facts

Serving Size: 1 Capsule

Servings per container: TBD

Amount Per Serving	% Daily Value	
Vitamin B1 (from Thiamine HCl)	42 mg	3500%
Vitamin B2 (Riboflavin)	14 mg	1077%
Vitamin B3 (as Niacinamide and Inositol HexaNicotinate)	122 mg NE	763%
Vitamin B6 (Pyridoxine HCl)	15 mg	882%
Folate (as L-5-Methyltetrahydrofolate Calcium) 100 mcg DFE (5-MTHF)	100 mg DFE	25%
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
Biotin (as D-Biotin)	30 mcg	100%
Vitamin B5 (from d-Calcium Pantothenate)	45 mg	900%
Choline (from Choline Dihydrogen Citrate) (VitaCholine®)	100 mg	18%
PABA (Para-Aminobenzoic Acid)	30 mg	*
Inositol (from Inositol HexaNicotinate)	25 mg	*

* Daily Value not Established

Brain

B-Complete offers a range of benefits for brain health owing to its strategic combination of essential B-Vitamins and other synergistic ingredients. Collectively, B-Complete's comprehensive formulation contributes to enhanced neurotransmitter activity, improved cognitive function, and a positive impact on mood, thereby supporting overall brain health.

