

# ISOTONIX<sup>®</sup> ACTIVATED B-COMPLEX

## Isotonix<sup>®</sup>

The world's most advanced nutraceuticals

DECREASE STRESS

IMPROVE MOOD

INCREASES ENERGY

COGNITIVE PERFORMANCE



PRODUCT SKU: 130 55 | 30 SERVINGS

PRODUCT SKU: 130 57 | 90 SERVINGS

### Why Choose Isotonix Activated B Complex?

By delivering activated forms of B vitamins in an Isotonic delivery system, Isotonix Activated B Complex delivers benefits to the body quicker and easier than other B vitamin supplements in pill form. A mixture of the eight essential B-vitamins that are important in many bodily functions, this product also delivers metabolically active forms of several vitamins, therefore enhancing the effectiveness of the formulation. In comparison, other B complex products contain traditional forms of vitamins B6, B12 and folic acid. In order to be used by the body these traditional forms must undergo chemical changes and as a result, these changes limit the efficiency of the product.

### What does "Activated" refer to in Isotonix Activated B-Complex?

Activated refers to the active forms of vitamins B6, B12 and folic acid. Using forms other than these activated forms requires that the vitamins be enzymatically activated prior to utilization by the body. Not only does this take time and energy within the body, there are circumstances in which this reaction is either slowed or inhibited.

### What is the source of the vitamin B12 in our Isotonix Activated B-Complex?

Vitamin B-12 comes from bacteria; it is not synthesized by plants or animals. We get it by taking supplements or by eating eggs or meats. Vegetarians are recommended to take a B vitamin dietary supplement.

### Why are B-vitamins so important in the aging process?

The ability to absorb B-vitamins naturally decreases with age, and various indicators of reduced cognitive performance are associated with reduced B-vitamin levels. The elderly often suffer from a reduction in sense of taste and, thus, appetite. They also frequently use acid-reducing medicines that predispose them to B12 deficiency. According to Robert M. Russell of the U.S. RDA's Human Nutrition Center on Aging at Tufts University, vitamin B12 is probably the single most important nutrient adversely affected by aging. Vitamin B12 is a difficult nutrient to assimilate, as well as one of the most important vitamins for the support of a broad range of bodily functions, including optimal functioning of the nervous system, normal DNA and RNA synthesis, optimal energy production and healthy blood integrity.\*