B-Right®

Optimized B-Complex

B-Right® is a carefully balanced, low-odor B-complex formula. B-Right contains methylcobalamin, pantethine and pyridoxal 5-phosphate (P-5-P), since these forms are more readily utilized as coenzymes than other forms of vitamin B12, vitamin B5 and vitamin B6 respectively.*

Who Can Benefit From this Product?
Virtually anyone can benefit from B-Complex support. B vitamins are important for many functions in the body including energy production, immune function and stress modulation. Athletes, who use up B vitamins at a more rapid rate, or those under heavy stress. Excessive intake of alcohol can also deplete body stores of B vitamins, especially B1.*

What Distinguishes this Product?
• High Value B-Vitamin Formula
  - Methylcobalamin (B12), Pantethine (B5) and Pyridoxal 5-Phosphate (B6)
• Low-Odor: Microencapsulated Choline Bitartrate
• Contains Both Niacin and Niacinamide Forms of B3

How Do the Active Ingredients Function in this Product?

<table>
<thead>
<tr>
<th>B-Complex</th>
<th>B vitamins play critical roles in many biochemical pathways including energy metabolism and stress management.*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Methylcobalamin, Pantethine and Pyridoxal 5-Phosphate</td>
<td>Superior forms of B12, B5 and B6, respectively, that are more efficiently utilized by the body*</td>
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</tbody>
</table>

NOTE: If you have a medical condition, are pregnant, lactating, or trying to conceive, are under the age of 18, or are taking medications, consult your health care practitioner before using this product.

ORDERING INFORMATION | ORDER CODE: B | BOTTLE SIZE: 100 CAPSULES

*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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**B-Right®**

The water-soluble B vitamins are collectively referred to as “B-Complex.” Each of the B vitamins has their own critical functions in the body, but many people have deficiencies in one or multiple B vitamins without even knowing it. This becomes of particular concern as we age. For instance, it is estimated that vitamin B12 deficiency affects up to 10–15% of the population over 60 years of age, usually due to inadequate dietary intake or impaired absorption. The use of the entire B-Complex is recommended since the individual B vitamins affect one another's absorption, metabolism, and excretion.

**B-Complex and Energy**

Some of the B vitamins are facilitators of the energy-releasing reactions that occur in the mitochondria; others help build new cells to deliver the oxygen and nutrients that permit the energy pathways to run. Exercise stresses metabolic pathways that depend on vitamin B1 (thiamine), vitamin B2 (riboflavin), and vitamin B6 (pyridoxine). Consequently, the requirements for these vitamins may be increased in athletes and active individuals. Other research suggests that exercise may increase the requirements for riboflavin and B6, and possibly for vitamin B9 (folic acid) and vitamin B12 (cobalamins). Deficiencies in some of these vitamins have been reported in active individuals, including riboflavin and B6. Thus, active individuals who restrict their energy intake or make poor dietary choices are at greatest risk for poor B vitamin status, and should consider supplementing with B-Complex vitamins.

**B-Complex and Stress**

The B-complex vitamins are also intimately involved in the function of the nervous system, and play a role in helping to counter some of the negative effects of stress. More specifically, thiamine has been found to reduce the effects of catabolic (i.e., breaking down tissues) stress hormones which result from surgery. Thiamine also protected the adrenal glands (the “stress glands”) from functional exhaustion. Vitamin B5 (pantothenic acid) is intimately involved in adrenal function and the production of adrenal hormones associated with stress. Vitamin B3 (niacin) has been found to reduce certain neurological damage caused by oxidative stress and to promote heart health in times of emotional/painful stress. B6 deficiency has been found to be correlated with increased psychological distress in recently bereaved men; and supplementation with B6 is suggested as part of an overall program for managing stress. Vitamin B12 deficiency can lead to fatigue and degeneration of peripheral nerves.*

**Other B-Vitamin Benefits**

A substantial body of scientific evidence suggests that generous intakes of folic acid, vitamin B6 and B12 may help improve cardiovascular health in the United States.* In addition, folic acid has been shown to play a critical role in protecting against some serious birth defects, including neural tube defects, when taken by women of childbearing age both before and during pregnancy.

Biotin (B7) containing enzymes are involved in gluconeogenesis, fatty acid synthesis, and amino acid metabolism. In addition, choline, inositol and PABA (para-aminobenzoic acid) are compounds which are not technically B vitamins but which have related functions. Choline is a precursor to the neurotransmitter, acetylcholine. It is also a lipotropic factor in lecithin that may help to emulsify fats. Inositol has mild lipotropic activity, and is sometimes used to help promote a sense of calm. PABA is often used to promote healthy skin and hair pigmentation.*

**What Is Special About B-Right?**

Methylcobalamin is used rather than cyanocobalamin, a common form of vitamin B12 often found in B-Complex vitamins. While cyanocobalamin and methylcobalamin show similar absorption profiles following oral administration, significantly more vitamin B12 accumulates in liver tissue with methylcobalamin. Furthermore, human urinary excretion of methylcobalamin is about one-third that of a similar dose of cyanocobalamin, indicating substantially greater tissue retention. In addition, B-Right provides pantethine, a derivative of vitamin B5 and a precursor to coenzyme A (CoA). It also contains pyridoxal 5-phosphate, the coenzyme form of vitamin B6. The forms of B vitamins in B-Right have the potential to enter our tissues and get to work immediately, rather than having to be converted first.

B-Right® is a carefully balanced B-Complex formula. It is low-odor because the choline bitartrate is microencapsulated in cellulose beadlets. B-Right is the pleasant-to-take B-Complex.

**References**

Available upon request