

APTOGENIX

B Essentials



Supplement Facts

Serving Size: 1 Capsule

Servings per Container: 90 Servings

	Amount Per Serving	% Daily Value
Thiamin (as thiamin hydrochloride)	20 mg	1,667%
Riboflavin (as riboflavin and riboflavin-5-phosphate)	100 mg	7,692%
Niacin (as niacin and niacinamide)	100 mg	625%
Vitamin B6 (as pyridoxal-5-phosphate)	20 mg	1,176%
Folate [as (6S)-5-Methyltetrahydrofolic acid, glucosamine salt (Quatrefolic®)]	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
Biotin	1,000 mcg	3,333%
Pantothenic acid (as D-calcium pantothenate)	150 mg	3,000%
Choline (as choline bitartrate)	100 mg	18%
Benfotiamine	20 mg	*

*Daily Value not established.

- 🧬 Promotes healthy methylation*
- 🧬 Supports mood & cognition*
- 🧬 Improves detoxification*
- 🧬 Supports energy production*

* 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.

B Essentials is a truly brilliant B complex for a few reasons.

- The bio-active forms of the vitamins that are used.*
- The therapeutic dosages of the vitamins that are in it.*
- The way dosages work together to meet the needs of the individual living in today's world.*

In addition to B1 in the form of thiamine, we have included another form called benfotiamine which has been shown to help with diabetic neuropathy and neuropathic pain as well as potentially reducing liver damage from alcohol.*

Riboflavin, which is vitamin B2, is at a dosage that may help with protein misfolding issues, as well as improving methylation for those with MTHFR genetic polymorphism, which can lead to slowed recycling of homocysteine, leading to significant increases in cardiovascular disease risk, dementia risk, and Alzheimer's risk, while also playing a role in histamine clearance, detoxification, mood regulation and mental flexibility, and in many other parts of a person's wellbeing.

We have also included Pantothenic acid which is very important for HPA axis and adrenal function, and may also play a role in gut microbiome health.