

# B-Supreme

Coenzymated B Vitamin Complex



FOUNDATIONAL HEALTH



B-Supreme by Designs for Health is a comprehensive B vitamin complex formula designed to promote micronutrient status for optimal cellular function and overall health.\* It supplies targeted amounts of B vitamins in the body's preferred pre-activated forms, where appropriate, to be used more readily and easily. B-Supreme contains the methylated forms of folate and vitamin B12 for superior bioavailability.\* Choline and trimethylglycine (TMG) are added to help support methylation pathways and optimal DNA function.\*

B vitamins are a family of eight water-soluble micronutrients that are needed in small amounts by the body. Unlike fat-soluble vitamins, water-soluble vitamins cannot be stored by the body. Therefore, adequate amounts of B vitamins must be consumed daily either through food or supplements. B vitamins are needed for one-carbon metabolic reactions, which support proper methylation and healthy homocysteine metabolism and are involved in reactions related to normal energy production. Populations at risk for deficiencies of the B vitamins include vegans and vegetarians, pregnant women, alcoholics, patients with certain metabolic conditions, elderly populations, and those who are

following diets that are calorie restrictive or have particular macronutrients, those who are obese, or those who have compromised digestive system function.\* Research shows that supplementation with B complex vitamins may support healthy homocysteine metabolism, which is a marker for cardiovascular, metabolic, and neurological health.\*

Choline is a vitamin-like, essential nutrient that is similar in structure to other B vitamins and must be consumed in the diet to maintain health. It is an essential structural component of all cell membranes, which is involved in many bodily processes, including normal metabolism, methylation, and neurotransmitter production. The need for choline is increased during pregnancy and is essential for proper brain development. TMG is also an important cofactor in methylation, which is a process that occurs in all cells. Methylation involves a small molecule called a methyl group, which is added to DNA, proteins, or other molecules. Methylation is involved in the production of neurotransmitters and coenzyme Q10, which plays an essential role in energy production and promotes normal homocysteine metabolism to support cardiovascular and neurological function.\*

## Benefits\*

- Supports B vitamin status in the body
- Promotes the optimal intake of essential micronutrients for overall health
- Supports cardiovascular and metabolic health
- May be helpful for individuals following vegan or vegetarian diets

## Recommended Use

Take 1 capsule per day with a meal or as directed by your health-care practitioner.

## Highlights

- Formulated with bioidentical and coenzymated forms of B vitamins for enhanced nutrient absorption and bioavailability\*
- Features the naturally occurring forms of folate, as Quatrefolic® [6S]-5-methyltetrahydrofolate (MTHF), and vitamin B12, as MecobalActive® methylcobalamin – the body's preferred forms of these vitamins
- Choline and trimethylglycine (TMG) are added to support healthy methylation pathways\*
- Vegetable capsule; suitable for vegetarians and vegans