

Ingredients for **UltraB Complex 50 mg** Each vegetable capsule contains:

Vitamin B₁ (thiamine hydrochloride) 50 mg
 Vitamin B₂ (riboflavin) 50 mg
 Vitamin B₂ (riboflavin-5'-phosphate sodium) 5 mg
 Vitamin B₃ (inositol hexanicotinate, flush-free) 50 mg
 Vitamin B₅ (D-calcium pantothenate) 50 mg
 Vitamin B₆ (pyridoxal-5'-phosphate) 5 mg
 Vitamin B₆ (pyridoxine hydrochloride) 50 mg
 Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
 Biotin 75 mcg
 Vitamin B₁₂ (methylcobalamin) 150 mcg
 Choline (choline bitartrate) 50 mg
 Inositol 50 mg
para-Aminobenzoic acid (PABA) 50 mg
Other ingredients: Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide, in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80030251 · V0243-R4

Ingredients for **UltraStress B Complex** Each vegetable capsule contains:

Vitamin C (ascorbic acid) 425 mg
 Vitamin B₁ (thiamine hydrochloride) 50 mg
 Vitamin B₂ (riboflavin) 50 mg
 Vitamin B₂ (riboflavin-5'-phosphate) 5 mg
 Vitamin B₃ (inositol hexanicotinate, flush-free) 50 mg
 Vitamin B₅ (calcium pantothenate) 50 mg
 Vitamin B₆ (pyridoxal-5'-phosphate) 5 mg
 Vitamin B₆ (pyridoxine hydrochloride) 50 mg
 Folic acid (from calcium L-5-methyltetrahydrofolate) 1 mg
 Biotin 75 mcg
 Vitamin B₁₂ (methylcobalamin) 150 mcg
 Choline (choline bitartrate) 50 mg
 Inositol 50 mg
para-Aminobenzoic acid (PABA) 50 mg
Other ingredients: Vegetable magnesium stearate, microcrystalline cellulose, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80072064 · V0443-R2

UltraB Complex

Provides a range of B vitamins that help you deal with stress and anxiety.



Ingredients for **UltraB Complex 100 mg** Each vegetable capsule contains:

Thiamine (vitamin B₁) (thiamine hydrochloride) 100 mg
 Riboflavin (vitamin B₂) 90 mg
 Riboflavin (vitamin B₂) (riboflavin-5'-phosphate) 10 mg
 Inositol hexanicotinate, flush-free (vitamin B₃) 100 mg
 Pantothenic acid (vitamin B₅)
 (calcium D-pantothenate) 100 mg
 Vitamin B₆ (pyridoxal-5'-phosphate) 10 mg
 Vitamin B₆ (pyridoxine hydrochloride) 90 mg
 Folate (from calcium L-5-methyltetrahydrofolate) 1 mg
 Biotin 75 mcg
 Vitamin B₁₂ (methylcobalamin) 300 mcg
 Choline (choline bitartrate) 45 mg
 Inositol 80 mg
para-Aminobenzoic acid (PABA) 50 mg
Other ingredients: Vegetable magnesium stearate, silicon dioxide, and microcrystalline cellulose in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

NPN 80070564 · V0244-R3



HP0600



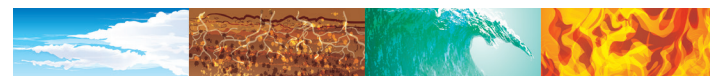
ULTRA B COMPLEX and ULTRA STRESS B COMPLEX
 Sold exclusively to finer health-food stores
newrootsherbal.com/store

- Safeguards nervous-system function
- Critical cofactor for energy production
- Formulated for optimized assimilation
- Fast-acting and flush-free

ISO 17025
Accredited Laboratory



newrootsherbal.com



The Secret to Stress Relief

Many people today do not realize that stress and anxiety are often the result of an acute deficiency of B vitamins. Combined with environmental toxins and daily routine, stress levels can be avoided with adequate supplementation of B vitamins.

Stress and anxiety are often the result of an acute deficiency of B vitamins.

Why You Need to Supplement

What the body doesn't use is eliminated in urine, which means a continuous supply is required. A deficiency of B vitamins causes overtiredness and an increase in anxiety and stress levels. B-complex vitamins play essential roles and are responsible for producing the energy your body needs to be healthy and vibrant.

The Power of B Vitamins.

B vitamins are a complex of water-soluble vitamins. They are called "B-complex" because you do not find any one of them in a specific food or living tissue without the others being present. B vitamins complement each other. They are responsible mainly for the health and maintenance of nerves, eyes, digestion, and skin; as well as for the processing of carbohydrates, fats, and proteins; growth; the production of hormones and digestive enzymes; prevention of anaemia; and maintenance of the sex glands, sebaceous glands, and bone marrow.

Because of their solubility, they cannot be stored in the body, so whatever is not utilized is rapidly excreted. However, a certain balance is advisable, making a

B-complex supplement ideal rather than taking large amounts of just one or two B vitamins. The B-complex vitamins are a group of similarly structured compounds, which is why they are referred to as a vitamin "complex." This complex of vitamins consists of B₁ (thiamine hydrochloride), B₂ (riboflavin-5'-phosphate and riboflavin), B₃ (flush-free inositol hexanicotinate and niacinamide), B₅ (calcium D-pantothenate), B₆ (pyridoxal-5'-phosphate and pyridoxine hydrochloride), B₇ (biotin), B₁₂ (methylcobalamin), and folic acid.

UltraB Complex employs the synergistic action of all the B vitamins. They can enhance DNA methylation (a process that declines during aging), inhibit glycosylation (a proposed cause of aging), suppress apolipoprotein serum levels (a factor in atherosclerosis), suppress oxidative stress, protect against thrombosis (blood clots in arteries and vessels), and maintain microcapillary circulation. People who are exposed to stressful situations or who have a poor dietary intake should supplement with B-complex vitamins.

UltraStress B Complex selectively provides high levels of B-complex vitamins with vitamin C to aid the body's greater need for adrenal support during times of stress. B vitamins in the active coenzyme form enable rapid absorption by the cells, without having to be converted by the liver. The amount of B₁₂ is also three times greater than conventional formulas to aid in stress relief; process carbohydrates, proteins, and fats; maintain the nervous system; and make new red blood cells.

UltraB Complex Also Contains...

Pyridoxal-5'-Phosphate

Pyridoxal-5'-phosphate is the active coenzyme form of vitamin B₆. Most B-complex formulas contain only the inactive pyridoxine hydrochloride form. New Roots Herbal uses pyridoxal-5'-phosphate, as it does not have to be processed first by the liver (because of its enzyme form) and is immediately assimilated.

Riboflavin-5'-Phosphate

We added riboflavin-5'-phosphate to make sure that people with certain enzyme deficiencies obtain the full benefits of vitamin B₂. This form of vitamin B₂

is sometimes referred to as "activated riboflavin" because of its fast-acting effects in the body. Riboflavin-5'-phosphate is rapidly hydrolyzed to yield riboflavin after ingestion, and riboflavin and riboflavin-5'-phosphate are in metabolic equilibrium after absorption. Riboflavin-5'-phosphate is the prosthetic group of flavoproteins involved in general cell metabolism as hydrogen acceptors.

PABA, Inositol, and Choline Bitartrate

Choline bitartrate and inositol are vitamin-like substances that participate in metabolizing fat. We use choline bitartrate for better assimilation of the B vitamins. B-complex vitamins are used in the proper formation of every cell in your body, particularly nerve cells. This is why it is so important for pregnant women to get their Bs (especially folic acid), and why a deficiency in certain types of the Bs manifests itself first as low mood or moodiness. Extreme B deficiency can cause muscular weakness and edema.

Suggested Use

UltraB Complex 50 mg: Adults: Take 1 capsule daily with a meal or as directed by your health care practitioner.

UltraB Complex 100 mg: Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner.

UltraStress B Complex: Adults: Take 1 capsule daily with a meal or as directed by your health-care practitioner. If you are taking other medications, take this product a few hours before or after them.

Ultra B Complex incorporates B-complex vitamins, functional flush-free niacin, and enhanced-absorption choline. The result is a fast-acting B complex that does what Bs are supposed to do: actively support the mind and the body as well as the nervous, cardiovascular, and digestive systems.