

HealthSource

America's Chiropractor®



TOTAL B

A DIETARY SUPPLEMENT TO SUPPORT HEALTHY NERVE FUNCTION, RELAXATION, ENERGY, CELLULAR REPRODUCTION, AND OTHER ESSENTIAL SYSTEMIC FUNCTIONS* **NOW METHYLATED**

Did You Know...

B vitamins play a large role in many systems of the human body. Your body's ability to properly absorb and use individual B vitamins (such as B₁₂ or Biotin) is often improved and optimized if taken in conjunction with a complete B-Complex like the HealthSource Total B.

The HealthSource Difference

- It's not just about getting B vitamins; it's about getting them in their proper forms. The B vitamins in Total B have been specifically selected for their superior absorbability and bioavailability. Here are just a few of the most important:
 - Vitamin B₆ as P-5-P: In addition to supporting biosynthesis of the critical neurotransmitters serotonin and GABA, the P-5-P form of B₆ can also support tendon health and wrist nerve comfort.*
 - Folate as L-5-Methyl-THF: Up to 60% of the human population has a genetic mutation that can impede the body's ability to adequately and properly metabolize folate.* HS Total B contains the methylated, more metabolically active and bioavailable form of folate, known as 5-MTHF (5-Methyl-Tetra-Hydrofolate), which has superior absorbability.*
 - Vitamin B₁₂ as Adenosylcobalamin and Methylcobalamin (methylated form of B₁₂): Essential for energy and other critical functions, these are the most bioavailable, readily absorbed forms of B₁₂ available.*

FEATURES

- Most metabolically active forms of B vitamins available*
- Well balanced and well formulated*
- All Bs that are needed
- Added culture blend of organic rice concentrate and apple cider vinegar

BENEFITS

- Superior forms of B vitamins promote better absorption*
- Provides healthy liver, energy, brain, and mood support*
- B vitamins are a "team"; good balance means good absorption*
- Fermented apple cider vinegar and other media support improved delivery*

HealthSource Total B may help support the following:

- Promote production of ATP, the primary "fuel" (energy) source for our cells*
- Promote health of nerve cells*
- Metabolism of fats, carbs, and proteins*
- Cardiovascular health*
- Healthy cholesterol balance*
- Healthy hair, skin, and nails*

Supplement Facts

Serving Size: 2 Capsules	
Servings Per Container: 30	
Amount Per Serving	% Daily Value*
Thiamine (Vitamin B ₁ as Thiamine HCl) 50 mg	4,167%
Riboflavin (Vitamin B ₂) (as Riboflavin-5-Phosphate) 10 mg	769%
Niacin (Vitamin B ₃) (as Niacinamide) 25 mg	156%
Vitamin B ₆ (as Pyridoxal-5-Phosphate) 10 mg	588%
Folate (as 5-Methyltetrahydrofolate) 680 mcg DFE	170%
Vitamin B ₁₂ (as Adenosylcobalamin, Methylcobalamin) 400 mcg	16,667%
Biotin 300 mcg	1,000%
Pantothenic Acid (Vitamin B ₅ as Calcium-D-Pantothenate) 50 mg	1,000%
Organic PreBio Blend 590 mg	*
Organic rice concentrate, organic apple cider vinegar	
Daily Value Not Established	

Other Ingredients: Plant-source capsules (cellulose, water)

Warning: If pregnant or nursing, consult your healthcare practitioner before using this product.

Suggested Use: As a dietary supplement, take 2 capsules daily with a meal or as directed by your healthcare practitioner.

Published 2024

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure and/or prevent any disease.