

Bio·B Matrix HP

A high potency B-vitamin complex with active and bioavailable forms, including benfotiamine as a fat-soluble form of vitamin B1 for additional nerve and blood sugar support.

Each capsule contains:

Vitamin B1 (benfotiamine)	33.3 mg
Vitamin B2 (riboflavin-5-phosphate)	8.3 mg
Vitamin B3 (inositol hexanicotinate)	166.6 mg
Vitamin B5 (Pantesin®* panthenine, calcium D-pantothenate)	166.6 mg
Vitamin B6 (pyridoxal-5-phosphate)	33.3 mg
Folate (L-5-methyltetrahydrofolate)	333.3 mcg
Biotin	166.6 mcg
Vitamin B12 (methylcobalamin)	333.3 mcg
Inositol (inositol hexanicotinate, inositol)	133.3 mg
Choline (Choline L(+) Bitartrate (VitaCholine™)**)	81.6 mg

90 vegetable capsules

Pantesin®

*Pantesin® is a registered trademark of Kyowa Pharma Chemical Co., Ltd
**VitaCholine™ is a trademark of Balchem Corporation

Vegan. GMO, gluten, soy and dairy free.



B-vitamins are essential for optimal health as they are necessary cofactors in enzymatic reactions and most physiological functions. Unfortunately, many people have suboptimal dietary intake to match the demands of the body, with various stressors and medications being well-known to deplete various B-vitamins.

Bio·B Matrix HP offers a solution by providing the most complete blend of active and highly bioavailable B-vitamins in the Cyto·Matrix line to efficiently replete the system.

Although B-vitamins are classically considered for their ability to improve energy, mood and cognition, the list of benefits and indications is vast. For example, vitamins B6, B9 and B12 collectively help to reduce homocysteine, a toxic metabolite correlated with a greater risk of cardiovascular events, osteoporosis

and other chronic diseases. Many B-vitamins are also necessary for the production of neurotransmitters such as serotonin and GABA, while in the liver B-vitamins play a crucial role in detoxification processes.

For these many reasons, B-vitamin supplementation may be necessary in select populations. The problem is that not all B-vitamins are created equal and each B-vitamin exists in many different forms, with variable absorption rates and utilization in the body. For example, vitamin B6 in the form of pyridoxine HCl must first be activated in the liver into pyridoxal-5-phosphate. Folic acid must also be converted into 5-methyltetrahydrofolate (5-MTHF) to become metabolically active.

Bio·B Matrix HP includes all of these active forms for optimal absorption, utilization in the body and clinical outcomes. However, the most unique

Key points

- A high potency blend of B-vitamins, in their metabolically active and highly bioavailable forms such as pyridoxal-5-phosphate (B6), methylcobalamin (B12) and 5-methyltetrahydrofolate (5-MTHF; B9)
- Includes benfotiamine, a fat-soluble version of vitamin B1, which has been demonstrated to achieve higher peak blood levels, greater bioavailability (AUC) and improved uptake into brain, muscle, liver and kidney tissues
- Also contains inositol, a key molecule in improving receptor sensitivity of neurotransmitters and hormones, and choline, a neurotrophic factor necessary for proper neurological development
- Recommended full daily dose is 3 capsules per day for optimal support

B-vitamin form found in **Bio-B Matrix HP** is undoubtedly benfotiamine. Benfotiamine is a fat-soluble version of B1 that is much better absorbed when compared to the more commonly supplemented thiamine HCl. Specifically, bioavailability studies have found that benfotiamine provides approximately 5 times the peak blood levels of B1 and 3.6 times greater bioavailability (as per AUC; area under the curve). More importantly, benfotiamine allows for 5 times greater uptake into muscle tissue, 25 times greater into brain tissue and 10-40% better incorporation into

other organs such as liver and kidney. Clinical trials utilizing benfotiamine have found that it is capable of protecting nerves from damage, improving nerve conduction and regulating blood sugar.

Bio-B Matrix HP offers a complete blend of highly bioavailable and active B-vitamins, including the highly effective and bioavailable form of vitamin B1, benfotiamine. Inositol and choline are added for their ability to improve receptor sensitivity and aid in the proper neurological development, respectively.

Related products

Adrenal·Matrix
Adrenal Defence
Bio·B Matrix B6
Bio·B Matrix LT
Cyto·Inositol - Powder
Greens Matrix
Liposomal B12
Multi·Matrix
Multi·Matrix - Powder
Relax·Matrix
Women's Multi

Indications: Source of vitamins to support biological functions which play a key role in the maintenance of good health. Helps to support liver function and energy production and to maintain immune function, metabolism and healthy hair, nails and skin.

Directions: Adults - Take 1 capsule, 3 times per day or as directed by a healthcare professional.

Non-Medicinal Ingredients: Vegetable-grade magnesium stearate, microcrystalline cellulose. Capsule: hypromellose.

Warnings: Do not use if safety seal is broken.



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