

Bio·B Matrix LT

A complete blend of active B-vitamins with added L-Theanine and spirulina for patients with low energy, mental health concerns, stress and cognitive impairment.

Each capsule contains:

L-Theanine (derived from green tea)	100mg
Vitamin B1 (thiamine HCl)	50mg
Vitamin B2 (riboflavin-5-phosphate)	50mg
Vitamin B3 (niacinamide)	50mg
Vitamin B5 (calcium d-pantothenate)	100mg
Vitamin B6 (pyridoxal-5-phosphate)	25mg
Vitamin B7 (biotin)	250mcg
Vitamin B9 (L-5-methyltetrahydrofolate)	500mcg
Vitamin B12 (methylcobalamin)	500mcg
Choline (choline bitartrate)	100mg
Inositol	100mg
Spirulina	60mg

60 vegetable capsules

Gluten, soy and dairy free.



In many ways, B-vitamins are a primary fuel for the human body. They are necessary co-factors 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 LT** offers a complete blend of active and highly bioavailable B-vitamins to 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, B12 and

B9 (folate) 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 necessary for the production of neurotransmitters such as serotonin and GABA, while in the liver B-vitamins play a crucial role in detoxification processes. Finally, myo-inositol acts as a 'B-vitamin-like' compound that improves receptor sensitivity, hormone balancing and mood.

For these many reasons, B-vitamin supplementation may be necessary in select populations. The problem is that not all B-vitamins are created

Key points

- A comprehensive blend of B-vitamins in their metabolically active and highly bioavailable forms
- 100mg of L-theanine per capsule, for mood and stress support through alpha-brain wave induction
- 60mg per capsule of spirulina, the blue-green algae that supplies a rich source of phytonutrients, carotene and additional B vitamins
- 100mg of myo-inositol per capsule, to balance mood through improved receptor sensitivity of neurotransmitters and hormones

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 LT includes these active forms for optimal absorption, utilization in the body and clinical outcomes.

L-Theanine is an amino acid naturally found in green and black tea that has been shown to induce alpha brain waves and cause a relaxed yet alert state. Supplementation with L-Theanine can modulate a number of neurotransmitters in the brain, such as dopamine, GABA and serotonin, which may partially explain its beneficial effect on mood and

stress. Research has specifically found that L-Theanine alone can improve insomnia, anxiety, attention-deficit hyperactivity disorder (ADHD) and cognitive deficits like the inability to focus and poor concentration.

Finally, the blue-green algae and superfood known as spirulina rounds out the **Bio-B Matrix LT** formula. Spirulina acts as a potent antioxidant capable of improving cholesterol levels, allergies, blood pressure and blood sugar regulation.

Bio-B Matrix LT offers a complete blend of highly bioavailable and active B-vitamins, with added L-Theanine and spirulina to synergistically improve markers of mood, energy, stress and cognition.

Related products

Bio-B Matrix B6
Bio-B Matrix HP
Cyto Theanine
Greens Matrix
Adrenal Matrix
Rhodiola Rosea Extract

Indications: Helps the body to metabolize carbohydrates, fats and proteins. Helps to support liver function. Helps to temporarily promote relaxation.

Directions: Adults - Take 1 capsule 2 times per day with food or as directed by a healthcare professional.

Non-Medicinal Ingredients: Vegetable-grade stearate. Capsule: hypromellose.

Warnings: Do not use if safety seal is broken. Consult a healthcare professional prior to use if you are pregnant or breastfeeding.



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