



## ▼ INGREDIENTS

SUPPLEMENT FACTS		
Serving Size: 2 capsules		
Amount Per Serving		% Daily Value
Vitamin B1 (Thiamine HCl).....	20 mg	1333%
Vitamin B2 (Riboflavin).....	25 mg	1471%
Vitamin B3 (Niacin/Niacinamide).....	40 mg	200%
Vitamin B4 (Adenine).....	13 mg	550%
Vitamin B5 (Pantothenic Acid).....	20 mg	1000%
Vitamin B6 (Pyridoxine HCl).....	270 mcg	90%
Vitamin B7 (D-Biotin).....	135 mg	625%
Vitamin B9 (Calcium Folate).....	2.5 mg	625%
Vitamin B10 (PABA).....	135 mg	625%
Vitamin B11 (Salicylic Acid).....	135 mg	625%
Vitamin B12 (Cyanocobalamin).....	25 mcg	2583%
Vitamin B13 (Calcium Orotate).....	25 mg	625%
Vitamin B14 (Dimethylglycine).....	25 mg	625%
Vitamin B15 (L-Carnitine).....	50 mg	9%
Vitamin Bp (Choline Bitartrate).....	50 mg	9%
Proprietary Blend.....	210 mg	
L-Glutamine; Abutua (L); Bone Broth Protein; Guarana (Sd); RNA/DNA Liver; Spearmint (L); White Willow Bark (Ed); Fingert Tree (Hb); Folic (P); Centaury (Hb); RNA/DNA Parol; RNA/DNA Thyrod		
* Daily Value not established.		
Other Ingredients: Cellulose, Leucine, Dextrose (Organic Grape), Vegetable Stearate & Silica.		

## ▼ DOSAGE

- 1-2 capsules up to twice a day, or as directed.

## ▼ PACKAGING

- Capsules: 60 capsules/bottle.

## ▼ PERSPECTIVE

In the 20th Century, a multi-faceted B-Complex supplement consisted of eight B vitamins. Supplemental B-Complex became a mainstay of many people to nutritionally support their body's normal stress and metabolic processes. As scientific research discovered more B vitamins (it's more than doubled), and discovered their synergistic aspects (B vitamins work better together), it's now the standard of 21st Century nutrition to supplement with a comprehensive array of B vitamins.

## ▼ LIFESTYLE



## #115 16B (16 B Vitamins Stress Complex)

This high potency, massively comprehensive formula is an allergen-free, yeast-free B vitamin complex containing vitalizing herbs designed to provide a matrix for natural assimilation by the body and utilization at the cellular level. Dr. Shayne Morris developed this herbalomic™ formula to apply the latest research about cellular metabolic processes and how B-vitamins work best in concert with each other, and included a carefully selected synergistic herbal matrix to support cellular epigenetic processes. Intended for daily use, B-vitamins have come to the forefront of the body's ability to adapt to the normal daily stresses of life in the 21st Century. It supplies an abundance of synergistically balanced B vitamins.

## ▼ INDICATIONS

- Daily supplementation; cellular energy processes
- Normal stress support; healthy nerve support
- Support food conversion to cellular fuel (energy) activities
- Regulating catalyst for thousands of cellular life processes

## ▼ KEY COMPONENTS

- **Vitamin B<sub>1</sub>** – Thiamine. Necessary for the conversion of glucose into cellular energy. Produces acetylcholine, a neurotransmitter that relays messages to the muscles and nerves. Supports normal heart rhythm. Works with fatty acids to support healthy eyes.
- **Vitamin B<sub>2</sub>** – Riboflavin. Serves as a modulator of cellular oxidation/redox processes. Necessary for the metabolic processes that render nutrients to produce energy.
- **Vitamin B<sub>3</sub>** – Niacin. Serves in normal cholesterol processes. Supports a balance in the body's methylation processes.
- **Vitamin B<sub>4</sub>** – Adenine or Choline. A necessary component of the neurotransmitter, acetylcholine, and the phospholipid, phosphatidylcholine, that supports cell membrane integrity. Required for normal fat metabolism.
- **Vitamin B<sub>5</sub>** – Pantothenic Acid. Helps break down fats and carbohydrates for cellular energy. A precursor to sex hormone production.
- **Vitamin B<sub>6</sub>** – Pyridoxine. A normal mood-regulatory catalyst. Necessary for proper sleep via serotonin, melatonin, and norepinephrine. Helps regulate homocysteine and the normal inflammation cascade.
- **Vitamin B<sub>7</sub>** – D-Biotin. Famous as the "beauty vitamin" for supporting normal, healthy nails and skin. Also necessary for normal glucose metabolic activities.
- **Vitamin B<sub>8</sub>** – Inositol. A companion of Choline. A precursor of cell membrane phospholipids and normal cellular electrical processes.
- **Vitamin B<sub>9</sub>** – Folate (not Folic Acid). The true vitamin that supports brain neurotransmitter processes and cellular methylation activities.
- **Vitamin B<sub>10</sub>** – PABA - Para-amino benzoic acid. A component of Folate and necessary for uptake of Vitamin B5.
- **Vitamin B<sub>11</sub>** – Pteryl-hepta-glutamic acid/Salicylic Acid. One of the five forms of Folate. An organic acid that support RNA/DNA synthesis and healthy cellular mitosis activities.
- **Vitamin B<sub>12</sub>** – Cobalamin. In tandem with Folate, helps the normal red blood cell production and capacity to build hemoglobin for oxygen transport throughout the body.

- **Vitamin B<sub>13</sub>** – Calcium Orotate. Researcher Dr. Hans Neiper discovered that this vitamin naturally supports delivery of Ca+ to the mitochondria and bone matrix.
- **Vitamin B<sub>16</sub>** – Dimethylglycine. A derivative of the amino acid, glycine which is used by the liver for DNA, hormones, and neurotransmitter construction. Can help reduce lactic acid.
- **Vitamin B<sub>20</sub>** – Carnitine. Supports normal fat metabolic processes called beta oxidation in the mitochondria.
- **Abutua** – A rain forest vine with a wide range of normal body process-supportive phyto-molecules including the heart, liver, lungs, and uterus. Used in South American, Indian, and Chinese herbal traditions.
- **Centaury Herb** – A bitter tonic from the European herbal tradition (Roman and Greek) meaning it is a digestive tonic associated with the bile functions

## ▼ CONTRAINDICATIONS

B vitamin supplements should be taken at a separate time than Tetracycline antibiotic drugs as the drug inhibits the absorption of the valuable B vitamins, and the B vitamins can inhibit absorption of the drug.

## ▼ CLINICIAN CONSENSUS

- Normal Nerve Stress Support:  
**#115 16B** - 16 B Vitamins Stress Complex  
**#31 Ga** - Adrenal  
**#134 LEV** - Lecithin  
**#406 CALM** - Stress Relief & Mood Support

## ▼ BACKGROUND

Based on 20th Century research by Drs. Weston Price, Royal Lee, Alexander Stuart Wheelwright, and Frances Pottenger; Dr. Shayne Morris created this herbalomic formula to meet the demands and insights of 21st Century science and lifestyles. In the Wheelwright tradition, Dr. Morris included much of the botanical base from Doc Wheelwright's original BSV formula research to create this truly outstanding formula.

## ▼ SYNERGISTIC CONSIDERATIONS

- **#74 N** - Nerve
- **#406 CALM** - Stress Relief & Mood Support
- **#12/#2012 B** - Brain
- **#854 Neurosyn** - Neuro Cognitive & Memory Support
- **#31/#2031 Ga** - Adrenal
- **#19 DB<sub>12</sub>** - Digestive + B<sub>12</sub>
- **#44 H** - Heart
- **#140 MIN** - Multi Mineral +
- **#134 LEV** - Lecithin
- **#197 OMGA** - Omega 3-6-9
- **#810/811 eNRG** - Quantum ATP Energy
- **#875 Synulin** - Glycemic Balance

## ▼ INFORMATION RESOURCES

- [www.systemicformulas.com](http://www.systemicformulas.com)

**Quality Control:** All herbal ingredients are tested before use for: microbes, heavy metals/contaminants, and assurance of correct genus/species.

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**SYSTEMIC FORMULAS**  
800-445-4647