



16B

16 B Vitamins Stress Complex



Whole Body



Brain



Cardio

KEY INDICATIONS

- Non-methylated B-complex preference
- Chronic stress with high metabolic demand
- Fatigue under sustained physiologic strain
- Burnout patterns with poor stress recovery
- Cognitive fatigue during prolonged workload
- Nutrient depletion during detox or illness recovery
- Adrenal–thyroid stress adaptation support
- Increased nutrient demand in high-performance states

HOW IT WORKS

16B supports cellular resilience during periods of physiologic stress by replenishing essential B-vitamin cofactors required for mitochondrial energy production, methylation cycling, and nutrient utilization. Its additional metabolic and biliary-support components enhance detox processing, fatty acid transport, and organ-level signaling. Together, these elements reinforce intracellular energy throughput and adaptive metabolic performance when workload or environmental demands increase.

CLINICAL PEARLS

- Useful for individuals who prefer **non-methylated folate and B12 forms**.
- Pair with **EnerGenic** when fatigue persists despite B-complex support.
- Combine with **NeuroGenic** for cognitive fatigue or brain fog.
- Therapeutic dosing may be used during sustained stress, detox programs, or high metabolic demand.



SUPPLEMENT FACTS

Serving Size: 2 capsules

Servings: 30

	Amount Per Serving	%DV
Vitamin B1 (Thiamine HCl)	20mg	1667%
Vitamin B2 (Riboflavin)	25mg	1923%
Vitamin B3 (Niacin/Niacinamide)	40mg	250%
Vitamin B4 (Adenine)	13mg	*
Vitamin B5 (Pantothenate)	55mg	1100%
Vitamin B6 (Pyridoxine HCl)	20mg	1176%
Vitamin B7 (D-Biotin)	270mcg	900%
Vitamin B8 (Inositol)	135mg	*
Vitamin B9 (Calcium Folate)	2.5mg	625%
Vitamin B10 (PABA)	135mg	*
Vitamin B11 (Salicin)	3mg	*
Vitamin B12 (Hydroxocobalamin)	155mcg	6458%
Vitamin B13 (Calcium Orotate)	25mg	*
Vitamin B16 (Dimethylglycine)	25mg	*
Vitamin B20 (L-Carnitine)	50mg	*
Vitamin Bp (Choline Bitartrate)	50mg	9%
Proprietary Blend	210mg	*
L-Glutamine; Guarana (Sd); White Willow Bark (Ext); Fringe Tree (Hb); Spearmint (Lf); Abutua (Lf); Bone Broth Protein; RNA/DNA Liver (Bovine); Poke (Rt); Centaury (Hb); RNA/DNA Parotid (Bovine); RNA/DNA Thyroid (Bovine)		

*Daily Value not established.

Other Ingredients: Cellulose, Leucine, Dextrose (Organic Grape), Vegetable Stearate, & Silica.

KEY INGREDIENTS & BENEFITS

Vit B1 (Thiamine HCl), Vit B2 (Riboflavin), Vit B3 (Niacin/Niacinamide), Vit B4 (Adenine), and Vit B5 (Pantothenate): Provide essential cofactors for mitochondrial ATP production and carbohydrate metabolism, supporting sustained cellular energy and stress resilience.

Vit B6 (Pyridoxine HCl), Vit B7 (D-Biotin), Vit B8 (Inositol), Vit B9 (Calcium Folate), and Vit B10 (PABA): Support neurotransmitter synthesis, methylation balance, and metabolic flexibility.

Vit B11 (Salicin), Vit B12 (Hydroxocobalamin), Vit B13 (Calcium Orotate), Vit B16 (Dimethylglycine), and Vit B20 (L-Carnitine): Support red blood cell formation, nucleotide metabolism, and fatty acid transport for efficient energy production

Vit Bp (Choline Bitartrate), L-Glutamine, and Guarana (Sd): Support phospholipid metabolism, intestinal integrity, and metabolic activation.

White Willow Bark (Ext), Fringe Tree (Hb), Spearmint (Lf), Abutua (Lf), and Centaury (Hb): Promote digestive and biliary function with balanced inflammatory signaling.

Bone Broth Protein, RNA/DNA Liver (Bovine), RNA/DNA Parotid (Bovine), RNA/DNA Thyroid (Bovine), and Poke (Rt): Provide structural amino acids and glandular signaling for metabolic regulation and tissue repair.

INSTRUCTIONS

Maintenance dose: 1 capsule daily with food.

Therapeutic dose: 1 capsule twice daily with meals.

ALLERGEN & DIETARY INFO

- cGMP Facility
- Non-GMO

SAFETY & CONTRAINDICATIONS

- This formula contains animal-derived ingredients, including glandular tissue factors and bone broth protein, which may not be appropriate for individuals avoiding animal products.
- Some ingredients are traditionally cautioned during pregnancy; however, the amounts in this formula are well below levels associated with concern. Use during pregnancy or nursing under the guidance of a qualified healthcare practitioner.

Updated: 3/30/26



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