

STRESS-PLEX-FORTE™

High Potency B-Complex + Vitamin C

Stress-Plex-Forte™ is a comprehensive supplement providing all essential B vitamins and related nutrients, including vitamin C. As co-enzymes, the B vitamins are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B-12). Therefore, the body requires an adequate supply of B vitamins on a daily basis.

Vitamin B-6 is a coenzyme in amino acid metabolism. It is necessary for the metabolism of homocysteine and the conversion of tryptophan to niacin. Vitamin B-6 dependent enzymes are also needed for the biosynthesis of many neurotransmitters, including serotonin, epinephrine, and norepinephrine. **Vitamin B-12** and **folic acid** are coenzymes in DNA and RNA metabolism. Both of these B vitamins assist in homocysteine metabolism. Folic acid serves as a methyl donor and vitamin B-12 as a coenzyme in the conversion of homocysteine to methionine.

Choline, **inositol**, and **para-aminobenzoic acid** are important nutrients related to B vitamins. Choline serves as a methyl donor for homocysteine metabolism, provides the structural component of cellular membranes as phosphatidylcholine, and is a component of the neurotransmitter, acetylcholine. Inositol aids in the cellular response to hormonal signals, and is active in cellular membranes as phosphatidylinositol. Para-aminobenzoic acid is a vitamin-like substance that enhances antioxidant properties.

Vitamin C is important in nervous system health through its participation in the biosynthesis of neurotransmitters. It is also a powerful antioxidant.

Indications:

- Maintain a healthy nervous system
- Stress support
- Optimize energy production
- Skin and hair health

Each Tablet Contains:

Vitamin C.....	200 mg
Vitamin B-1 (Thiamin).....	55 mg
Vitamin B-2 (Riboflavin).....	55 mg
Vitamin B-3 (Niacinamide).....	200 mg
Vitamin B-6 (Pyridoxine).....	55 mg
Vitamin B-12.....	100 mcg
Folic Acid.....	400 mcg
Biotin.....	200 mcg
Pantothenic Acid.....	55 mg
PABA (Para-Aminobenzoic Acid).....	55 mg
Choline Bitartrate.....	55 mg
Inositol.....	55 mg

Suggested Use

Adults take 1 tablet daily or as directed by a health professional.

FORMULA 7925

90 tablets

Available from
[Dr. Ingrid Pincott, ND](#)

300-1170 Shopper's Row • Campbell River, BC • V9W 2C8 • Ph. (250) 286-3655 • (800) 898-6699 • Fax (250) 850-2078