

B vitamins in practice

Why the form of a vitamin matters more than the amount,
and how to take this product to avoid an unpleasant
surprise. A short guide for an informed choice.



BestLab information leaflet. A food supplement is not a medicine.

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„B vitamins play a key part in maintaining health and energy, but deficiencies in them are very common. Best B-Complex is a supplement delivering the active forms of these vitamins, which makes their action even more effective.“

Olga Grech and Jakub Mauricz

Authors of the Best B-Complex formula

1 B vitamins in a nutshell

The B group is not one vitamin but a dozen or so different compounds that work together. In short: they are responsible for drawing energy out of food, for the nervous system and for the production of red blood cells.

They are water soluble, so the body does not store them. It excretes the excess, and shortfalls appear faster than with fat soluble vitamins. Usage rises with stress, with alcohol and with a diet based on processed food.

That is why B-group products are so popular. And why it is so easy to buy one the body will make little use of.

2 Active forms, or where the price differences come from

This is the most important chapter of the guide. Two products can list the same vitamins and the same percentages on the label, and differ several times over in price. The difference sits in the chemical form, and you only see that in the composition.

Some B vitamins go into products in a form the body must first convert into the active one. In most people that conversion works efficiently. In some it does not entirely.

1 Vitamin B12: methylcobalamin versus cyanocobalamin

Cyanocobalamin is cheap and stable, but the body has to convert it. Methylcobalamin is already in a ready-to-use form.

2 Folic acid versus 5-MTHF

This is the most discussed example. A sizeable part of the population has a variant of the MTHFR gene that makes converting ordinary folic acid into the active form harder. The 5-MTHF form skips that step entirely.

3 Vitamin B6: pyridoxal 5-phosphate versus pyridoxine hydrochloride

P-5-P is the form in which vitamin B6 actually works in the body. The cheaper form requires conversion in the liver.

4 How to check it in the shop

Turn the box over and read the composition. Look for the words: methylcobalamin, pyridoxal 5-phosphate, 5-methyltetrahydrofolate. If you see cyanocobalamin and ordinary folic acid, you know what you are paying less for.

5 Do not compare percentages alone

A thousand percent of the reference value in a form the body still has to convert is not automatically better than a smaller dose in a ready form.

3 When it is worth considering

- When you want to look after a normal energy level.
- When supporting the nervous system matters to you.
- When your diet is based mainly on processed food.
- When you follow a plant-based diet, because vitamin B12 occurs mainly in animal products.

The product is not intended for children, pregnant women or women who are breastfeeding. People taking medicines should consult a doctor before starting to use it.

4 How to take it properly

Serving	15 ml, meaning one measure.
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Preparation	Shake the bottle, dissolve in 100 ml of water, stir and drink.
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When	After a substantial meal. This is not a suggestion but a condition. Explanation below.
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After opening	Keep refrigerated and use within 5 weeks.
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Pack	500 ml, meaning 33 servings of 15 ml.
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Why it must be after a meal

- The product contains **vitamin B3**. Taken on an empty stomach it can cause the so-called **niacin flush**: a widening of the blood vessels that shows as redness and a burning sensation of the skin.
- The effect is unpleasant but passing, and it is not dangerous.
- **Taking it after a substantial meal simply prevents it.** This is the most common reason people give up on B-group products, when all it takes is changing the timing.

5 The liquid form: advantages and limits

A liquid has two real advantages over a capsule. First, there is nothing to swallow, which matters for people who find that difficult. Second, it is easy to reduce the portion if someone wants to start cautiously.

It also has a limit worth knowing before you buy. **Once opened, the bottle must be kept in the fridge and used within five weeks.** The pack holds 33 servings, so with daily use you will fit inside that window, but taking it every other day you will not.

The practical conclusion: this product makes sense when you use it regularly. Taken occasionally, part of the contents will go to waste.

6 Six most common mistakes

1 Drinking it on an empty stomach

The most common mistake with this product. Vitamin B3 can then cause redness and a burning sensation of the skin. Always after a substantial meal.

2 Leaving the bottle out of the fridge after opening

Once opened there is one place for it: the fridge. And five weeks to use it.

3 Not shaking before use

The ingredients settle. Without shaking, the first servings will be weaker and the last too concentrated.

4 Drinking it undiluted

The serving is dissolved in 100 ml of water. Undiluted, the liquid is needlessly intense in taste.

5 Choosing by the percentages on the front

Without checking the chemical form, those percentages do not tell you how much the body will use.

6 Giving it to children because it is a liquid

A liquid form does not mean the product is for children. This one is not.

7 Questions we are asked most often

My skin went red and burns. Is that something bad?

It is most likely a niacin flush, a reaction to vitamin B3 taken on too empty a stomach. It passes. Take the next serving after a substantial meal.

Can I give this product to a child?

No. The product is not intended for use by children, even though it comes in a liquid form.

Can I use it during pregnancy or breastfeeding?

No. The manufacturer excludes use by pregnant women and women who are breastfeeding.

How long does one bottle last?

33 servings of 15 ml, so about a month of daily use. Once opened it should be used within five weeks.

I take medicines. Can I combine them?

People taking medicinal products should consult a doctor before starting to use it.

Where are BestLab supplements made?

In Poland, in facilities meeting high quality standards. Every batch is tested in the independent JS Hamilton laboratory.

8 Best B-Complex composition

Content per serving, 15 ml.

Calcium pantothenate (B5)	120 mg (2000%)
Anhydrous betaine	100 mg
Inositol (B8)	75 mg
Choline (B4)	75 mg
Para-aminobenzoic acid (B10)	45 mg
Thiamine mononitrate (B1)	24 mg (2181%)
Riboflavin (B2)	24 mg (1714%)
Nicotinic acid (B3)	16 mg (100%)
Pyridoxal 5-phosphate (B6)	15 mg (1071%)
Biotin (B7)	900 µg (1800%)
Folate as 5-MTHF (B9)	600 µg (300%)
Methylcobalamin (B12)	100 µg (4000%)

Servings per pack

33 x 15 ml

Figures in brackets are the percentage of the Nutrient Reference Value. Pack contents: 500 ml, 33 servings of 15 ml. Ingredients: purified water, glycerine, vitamin B5 (calcium pantothenate), anhydrous betaine, natural orange flavouring, vitamin B8 (inositol), vitamin B4 (choline bitartrate), acidity regulator (citric acid), vitamin B10 (para-aminobenzoic acid), vitamin B1 (thiamine mononitrate), vitamin B2 (riboflavin), preservative (potassium sorbate), vitamin B3 (nicotinamide), vitamin B6 (pyridoxal 5-phosphate), vitamin B7 (biotin), vitamin B9 (glucosamine salt of (6S)-5-methyltetrahydrofolic acid), vitamin B12 (methylcobalamin).

Authorised health claims for the ingredients of this product

- Riboflavin contributes to the reduction of tiredness and fatigue.
- Riboflavin contributes to the protection of cells from oxidative stress.
- Biotin contributes to the normal functioning of the nervous system.
- Vitamin B6 contributes to the normal function of the immune system.
- Folate has a role in the process of cell division.
- Vitamin B12 contributes to normal energy-yielding metabolism.

A food supplement is not a medicine and must not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important for the functioning of the body. Do not exceed the recommended daily portion. The product is not intended for use by children, pregnant women or women who are breastfeeding. People taking medicinal products should consult a doctor before starting to use it. After opening, keep refrigerated and use within 5 weeks. Keep out of the reach of small children.

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