

## ENERGI+ - By LifeBlud

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### The Best B Complex on Earth

Energi+ is formulated with **the best and most bioactive forms** of the B Vitamins in amounts that coincide with the bioenergetic perspective of optimizing cellular energy production. Using the right forms of the Bs is crucial for proper methylation and overall metabolic effectiveness.

The following are the major upgrades you get with Energi+, as opposed to other B-Complex products out there.

- Benfotiamine instead of Thiamine HCl
- Niacinamide instead of Niacin
- L-5-methyl folate instead of Folic Acid
- Adenosylcobalamin instead of Methylcobalamin
- Pantethine instead of Pantothenic Acid
- Bovine gelatin capsule instead of cellulose capsule

Check out the supplement background tab for a B Vitamin Crash Course. Third-party lab tested for purity.

**Each bottle contains:** 120 capsules  
**Servings per bottle:** 60

**Each capsule contains:**  
B1: Benfotiamine : 50mg  
B2: Riboflavin 5-Phosphate: 25mg  
B3: Niacinamide : 125mg  
B5: Pantethine: 10mg  
B6: Pyridoxal-5-Phosphate : 5mg  
B9: L-5-MTHF: 500mcg  
B12: Adenosylcobalamin: 500mcg  
Biotin: 25mcg  
Inositol: 25mg

**Non medicinal ingredients:** NuRice, gelatin capsule (bovine), NuMag.

*\*NuRice and NuMag are rice hull products that help us blend the many ingredients of Energi+ together evenly, so each capsule can be filled evenly.*

### B1 Thiamine

- Plays a critical role in the metabolism of carbohydrates into energy\*
- Cofactor for the enzyme Pyruvate Dehydrogenase (PDH)\*

- PDH is one of the main enzymes that converts glucose from carbohydrate into energy\*
- Used in synthesis of the neurotransmitter acetylcholine (ACH)\*
- Improve glucose use\*

## **B2 Riboflavin**

- Required for FAD and FMN which are mitochondrial energy production enzymes\*
- Assists in carbohydrate, fat, and protein metabolism\*
- Facilitates the normalization of MTHFR enzyme activity\*
- Assists glutathione recycling\*

## **B3 Niacinamide**

- Stimulates mitochondrial energy production\*
- Lowers free fatty acids in the blood\*
- Assists greatly with carbohydrate metabolism\*
- Increase NAD+\*
- May lower cholesterol\*
- Neuroprotection\*

## **B5 Pantothenic Acid**

- Energy metabolism\*
- Synthesis of coenzyme A (Acetyl-CoA - mitochondrial energy molecule!)\*
- Supports myelin production & neurotransmitter Acetylcholine\*

## **B6 Pyridoxine**

- Helps recycle cysteine into glutathione\*
- Required in monoamine synthesis (dopamine, GABA, serotonin, epinephrines)\*
- Energy metabolism\*
- Aids liver detoxification\*

## **B7 Biotin**

- Involved in hair, skin, and nail health\*
- Coenzyme in carboxylation reactions\*
- Aids insulin production\*
- Aids aerobic oxidative metabolism\*

## **B9 Folate**

- DNA synthesis & repair\*

- Methylation\*
- Amino acid metabolism & conversion\*
- Homocysteine regulation\*
- Blood cell production\*
- Required in rapid cell division & growth\*
- Can help prevent neural tube defects\*
- Methylfolate prevents glycine wasting\*

### **B12 Cobalamin**

- New red blood cell production\*
- Used alongside B9 in homocysteine regulation\*
- DNA synthesis & repair\*
- Aids in energy metabolism\*
- Helps maintain nerve sheaths\*

### **Inositol**

- Improves insulin sensitivity\*
- Aids liver function \*
- Hormone balance\*
- Mood improvement\*

*\*These Statements have not been evaluated by the Food and Drug Association, or Health Canada. These products are not meant to diagnose, treat, cure, or prevent any diseases.*

<https://lifeblud.co/blogs/research/the-right-forms-of-b-vitamins-and-why-it-matters>