Vitamin B1 (Thiamin)
This is mostly found in grains, however, be sure they are unrefined as the refining process can strip the grain of the nutrients. Thiamin can become depleted with the consumption of alcohol, coffee, tea, sulfites and many types of medications and conditions including blood sugar issues, Crohn’s and MS. Alcoholics can develop thiamin deficiency and higher dosing is recommended in this population.

Benfotiamine is the coenzyme form of thiamin and is the most bioavailable form of Vitamin B1. Thiamin is very important for nerve, eye and kidney health in diabetics. Excess sugar in the body, as found in diabetics, can cause irreparable damage to various tissues. Benfotiamine fights the processes that cause this damage and therefore reduces the overall effects of elevated blood sugar levels on these organs.

Vitamin B2 (Riboflavin)
Riboflavin-5'-phosphate is the coenzyme form of this B vitamin. Riboflavin has many roles in the body one of them being to contribute to the production of Reduced Glutathione (GSH). GSH protects from cataract formation. Studies have found that increased Riboflavin intake is associated with reduced nuclear cataract formation. Riboflavin is also used in the treatment of migraine headaches. It has been found to be as effective as certain beta-blockers in reducing the frequency of migraines. Further, both Thiamin and Riboflavin play crucial roles in the Krebs cycle, a very important part of energy production in the body.
**Vitamin B3 (Niacin)**
This vitamin also plays a key role in the Krebs cycle and overall energy production. For those of you who remember the Krebs cycle from high school science, NADH is one of the products and is what is used to make ATP (energy) through oxidative phosphorylation or the electron transport chain. Niacin is the precursor to nicotinamide adenine dinucleotide (NAD). NADH is simply the addition of a hydrogen atom to NAD a reaction that occurs in the Krebs cycle. *Inositol hexanicotinate* is a non-flushing form of niacin. Aside from its role in energy production, Niacin is helpful for treating peripheral vascular disease, intermittent claudication, Raynaud’s disease, hypercholesterolemia, lowering blood pressure, psoriasis, schizophrenia, mood disorders and many other health concerns.

**Vitamin B5 (Pantethine, Calcium d-pantothenate)**
This is another big one for energy production. (I hope the redundancy is highlighting the relationship of B vitamins to energy or lack thereof.) It plays a crucial role in the metabolism of carbohydrates, proteins and fats. It is also an important cofactor in the production of cholesterol, hormones, neurotransmitters, porphyrin (part of the red blood cell), phospholipids (part of cell membranes) and antibodies (part of the immune system). Some people also claim that it fights wrinkles and prevents gray hair! If you suffer from fatigue, mood changes, headaches, tingling in the hands or frequent infections you may be deficient in Vitamin B5. Further, vitamin B5 is very important for the adrenals and therefore helps with modulating stress.

**Vitamin B6 (Pyridoxal 5-phosphate, Pyridoxal hydrochloride)**
Vitamin B6 is well known for the effect it has on improving mood. It is a necessary cofactor in the production of dopamine in the body. Pregnant women will often use it to relieve “morning sickness” and there is evidence that it can be helpful for some of the symptoms associated with Parkinson’s disease. Vitamin B6 in combination with Vitamin B12 and Folic acid is associated with a decrease in homocysteine levels. High homocysteine is linked to increased cardiovascular risk. Further, consuming adequate amounts of vitamin B6 can help control blood sugar levels in your body.

**Vitamin B12**
As mentioned above, Vitamin B12 is a very important methyl donor in the body that helps to decrease levels of homocysteine as well as prevent certain types of anemia. In conventional laboratory testing one would be considered B12 deficient if his or her levels were below 200pg/ml. However, many people suffer from the symptoms of low B12 even if they are not “clinically” deficient. These symptoms range from impaired cognitive function, mood changes, tingling in hands and feet and low energy. There are many reasons for low B12 levels: vegan diets, pernicious anemia, celiac disease, Crohn’s, atrophic gastritis and more. As a Naturopathic Doctor, I like to see B12 levels at least in the 600pg/ml range; however, there are more useful tests for assessing B12 status.

**Biotin (AKA Vitamin B7)**
Biotin is very important for the health of connective tissues like skin hair and nails. Symptoms of biotin deficiency can be thinning hair, loss of colour of hair, red rash around the eyes, nose and mouth. Other symptoms include lowered mood, fatigue, tingling in the arms and legs. Studies have found that with an increase in biotin in the tissues there is a decrease in blood sugar levels. Therefore, biotin might be helpful for those with blood sugar regulation issues.

**Folic Acid (Vitamin B9)**
This is essential in pregnancy and is known for preventing neural tube defects. Folic acid is important for many methylation reactions in the body and when taken with B12 can help prevent certain types of anemia. Vitamin B12 and Folic acid are also important for keeping homocysteine levels in check, which as mentioned before high homocysteine is associated with increased cardiovascular risk. The form of folic acid that the body uses is 5-Methyltetrahydrofolate (5-MTHF). Some people have a mutation of the gene required to produce the enzyme that converts folic acid to the active 5-MTHF and therefore it is best to take folic acid that is already in this bioavailable form.

**Choline**
This has traditionally been considered a B vitamin, however, this is controversial as the body can synthesize it. Choline is found in large quantities in nervous tissue and is a precursor to the neurotransmitter acetylcholine. Choline is used in people who suffer from liver disease as well as respiratory problems. Though people use Choline for memory loss, Alzheimer’s disease and other cognitive and neurological disorders, it is still uncertain whether it is effective for these issues.

**INOSITOL**
Though a carbohydrate, inositol is also considered part of the B complex family. It can be found in lecithin (choline is also found in lecithin), unprocessed grains, cantaloupe, citrus fruits, brewer’s yeast, molasses and liver. Inositol is not considered essential as it can be produced from glucose.
It is an important component of all cell membranes in the body. Although there is insufficient evidence, people have used Inositol to help with high cholesterol. There is evidence that Inositol could be effective for Obsessive Compulsive Disorder, Polycystic Ovarian Syndrome, Panic disorders and Respiratory Distress Syndrome in premature infants.

**PABA**

This is part of the folic acid molecule. It was once considered a B vitamin but is now considered a non-essential nutrient. It is naturally found in grains, eggs, milk and meat. Orally, PABA is used for a number of dermatological and connective tissue disorders like vitiligo and dermatomyositis. It has also been used for joint pain and to darken gray hair. Aside from the B Vitamins we have discussed, NAKA PRO B100 BioMax contains some of my favourite stress relieving, energizing, adaptogenic herbs.

**Ashwagandha**

This herb is immunomodulatory, anti-stress, anxiolytic, analgesic, antitumour, antianaemic, anti-inflammatory, hypotensive as well as many other actions. In other words, it does everything! Traditionally, Ashwagandha has been used for managing stress responses, nervousness, joint pain, male and female fertility, anti-aging, immune support, inflammation and more. In my opinion, this is one of the best all around herbs. It is also known as the “promoter of learning and memory” and has been used to help with ADHD and cognitive decline. This herb is very good for people who have long-term stress, which is almost everyone in the type of society we live in.

**Rhodiola**

This adaptogenic herb has been used in Russia for centuries to help increase the productivity of workers. It is also used to increase athletic performance, reduce fatigue, improve memory and concentration. This herb is regularly recommended for those who are under a lot of physical or mental stress and also need an extra boost of energy.

**Panax Ginseng:**

AKA “the king of herbs.” In Asia this herb is said to absorb energy from the earth and prolong life. It is used to improve cognitive function and to help those who are under chronic stress.

Ultimately, Naka Professional B100 BioMax is all about energy, stress management as well as improved cognitive and physical function. This is a supplement designed to give the body everything it needs to meet the demands of our fast paced lives.
Formulated with over 35 years clinical experience.

Sealed for your protection. Keep out of the reach of children. Do not use if safety seal is broken or missing. For freshness store in a cool, dry place.

Recommended purpose or use:
• An antioxidant for the maintenance of good health
• Helps the body to metabolize carbohydrates, fats & proteins.
• Helps normal growth and development.
• Helps in the development and maintenance of bones, cartilage, teeth and gums.
• Helps in wound healing.
• Helps in connective tissue formation.
• Helps in the development and maintenance of bebes, cartilage, teeth and gums.
• Helps in tissue and red blood cells formation.

Recommended dose: (Adults) Take 1 capsule 3 times daily.
Take with food.

Medicinal ingredients:
Each veggie capsule contains:

- Vitamin B1 (Benfotiamine) .......................... 33.3 mg 100 mg
- Vitamin B2 (Riboflavin 5'-phosphate sodium, Riboflavin) ..................................33.3 mg 100 mg
- Vitamin B3 (Niacin from Inositol hexanicotinate) .........................................120 mg 360 mg
- Vitamin B5 (Pantethine, Calcium d-pantothenate) ........................................100 mg 300 mg
- Vitamin B6 (Pyridoxal 5-phosphate, Pyridoxal hydrochloride) ...........................33.3 mg 100 mg
- Vitamin B12 (Methylcobalamin) .................333.3 mcg 1000 mcg
- Folic acid ((6S)-5-Methyltetrahydrofolic acid, glucosamine salt, Folate) ...............333.3 mcg 1000 mcg
- Biotin.........................................................333.3 mcg 1000 mcg
- Ascorbic acid (Vitamin C) ................................. 25 mg 75 mg
- Choline (Choline bitartrate) ............................. 80 mg 240 mg
- Inositol (Inositol, Inositol hexanicotinate) ......100 mg 300 mg
- Sensoril® Ashwagandha (Withania somnifera) [8 : 1, QCE 200 Mg] ................... 25 mg 75 mg
- Rhodiola (Rhodiola rosea, Root) ....................... 25 mg 75 mg
- Panax ginseng (Root) .......................................15 mg 45 mg
- PABA (para-Aminobenzoic acid) ...................... 25 mg 75 mg
- Sensoril® Ashwagandha (Withania somnifera) [8 : 1, QCE 200 Mg] ................... 25 mg 75 mg
- Rhodiola (Rhodiola rosea, Root) ....................... 25 mg 75 mg

Non-medicinal ingredients:
Magnesium stearate (Vegetable source), Hypromellose (Capsule ingredient), Chlorophyll (Capsule ingredient).

Contains no added gluten, nuts, eggs, animal products, dairy products, fish or shellfish, soy, corn, wheat or yeast.

Cautions and warnings:
• Consult a health care practitioner prior to use if you are pregnant or breastfeeding.
• Consult a healthcare practitioner prior to use if you are taking sulfonamides, antidepressant medication, hormone therapy.
• Consult a health care practitioner prior to use if you are taking any cardiovascular medication, hormone therapy.

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BPA Free Bottle / Bouteille sans BPA
NPN 80057434
www.nakapro.com
120 Veggie Caps

The information in this brochure is intended strictly for research and educational purposes, not as a diagnostic tool or a prescription for any ailment.

The Way to “B”, is stress free

Most Bioavailable Coenzyme forms of B Vitamins
Added Sensoril optimized Ashwagandha for stress and mood management
Added Rhodiola to support the nervous system and physical endurance
Added Panax Ginseng to support cognitive function + energy production
Formulated with over 35 years clinical experience.

120 caps d’origine végétale

Sealed for your protection. Keep out of the reach of children. Do not use if safety seal is broken or missing. For freshness store in a cool, dry place.

Recommended purpose or use:
- An antioxidant for the maintenance of good health
- Helps the body to metabolize carbohydrates, fats & proteins.
- Helps normal growth and development.
- Helps in tissue and red blood cells formation.
- Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.
- Helps in the development and maintenance of bones, cartilage, teeth and gums.
- Helps in connective tissue formation.
- Helps in wound healing.

Recommended dose:
(Adults) Take 1 capsule 3 times daily. Take with food.

Medicinal ingredients:
Each veggie capsule contains:

<table>
<thead>
<tr>
<th>B1 (Benfotiamine)</th>
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</tr>
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<tbody>
<tr>
<td>B2 (Riboflavin 5'-phosphate sodium, Riboflavin)</td>
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<tr>
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<td>100 mg</td>
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</tr>
<tr>
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<td>100 mg</td>
</tr>
<tr>
<td>B12 (Methocobalamin)</td>
<td>33.3 mg</td>
<td>1000 mg</td>
</tr>
<tr>
<td>Follic acid ((6S)-5-Methyltetrahydrofolic acid, glucosamine salt, Folate)</td>
<td>333.3 mcg</td>
<td>1000 mcg</td>
</tr>
<tr>
<td>Biotin</td>
<td>333.3 mcg</td>
<td>1000 mcg</td>
</tr>
<tr>
<td>Acetyl c (Vitamin C)</td>
<td>25 mg</td>
<td>75 mg</td>
</tr>
<tr>
<td>Choline (Choline bitartrate)</td>
<td>80 mg</td>
<td>240 mg</td>
</tr>
<tr>
<td>Inositol (Inositol, Inositol hexanicotinate)</td>
<td>100 mg</td>
<td>300 mg</td>
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<tr>
<td>PABA (para-Aminobenzoic acid)</td>
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<tr>
<td>Sensoril® Ashwagandha (Withania somnifera) [8 : 1, QCE 200 Mg]</td>
<td>25 mg</td>
<td>75 mg</td>
</tr>
<tr>
<td>Rhodiola (Rhodiol rosea, Root) [3% Rosavin, 1% Salidroside]</td>
<td>25 mg</td>
<td>75 mg</td>
</tr>
<tr>
<td>Panax ginseng (Root)</td>
<td>15 mg</td>
<td>45 mg</td>
</tr>
</tbody>
</table>

Non-medicinal ingredients: Magnesium stearate (Vegetable source), Hypromellose (Capsule ingredient), Chlorophyll (Capsule ingredient).

Contains no added gluten, nuts, eggs, animal products, dairy products, fish or shellfish, soy, corn, wheat or yeast.

Cautions and warnings:
- Consult a health care practitioner prior to use if you are pregnant or breastfeeding.
- Consult a healthcare practitioner prior to use if you are taking sulfonamides, antidepressant medication, hormone

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Scellé pour votre protection. Garder hors de la portée des enfants.

Ne pas utiliser si le sceau est brisé ou absent. Pour conserver la fraîcheur, garder dans un endroit sec et frais.

Usage ou fin recommandé :
• Un antioxydant pour se maintenir en bonne santé.
• Aide l’organisme à métaboliser les glucides (hydrates de carbone), les lipides et les protéines.
• Aide à la croissance et au développement normaux.
• Aide à la formation des tissus et des globules rouges.
• Aide à réduire les risques de malformations du tube neural lorsqu’il est pris quotidiennement avant ou dès le début de la grossesse.
• Contribue au développement et au maintien des os, du cartilage, des dents et des gencives.
• Aide la formation des tissus conjonctifs.
• Aide la guérison de blessures.

Dose recommandée : (Adultes) Prendre 1 capsule 3 fois par jour.
Prendre avec de la nourriture.

Ingrédients médicaux : Chaque gélule d’origine végétale contient :

<table>
<thead>
<tr>
<th>Ingrédient</th>
<th>Adultes</th>
<th>Enfant (3 ans)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamine B1 (Benfotiamine)</td>
<td>33.3 mg</td>
<td>100 mg</td>
</tr>
<tr>
<td>Vitamine B2 (riboflavine 5’-phosphate de sodium, riboflavin)</td>
<td>33.3 mg</td>
<td>100 mg</td>
</tr>
<tr>
<td>Vitamine B3 (nicotinamide d’inositol)</td>
<td>120 mg</td>
<td>360 mg</td>
</tr>
<tr>
<td>Vitamine B5 (pantethine, D-panthénate de calcium)</td>
<td>100 mg</td>
<td>300 mg</td>
</tr>
<tr>
<td>Vitamine B6 (5-phosphate de pyridoxal, chlorhydrate de pyridoxal)</td>
<td>33.3 mg</td>
<td>100 mg</td>
</tr>
<tr>
<td>Vitamine B7 (méthylcobalamine)</td>
<td>333.3 mcg</td>
<td>1000 mcg</td>
</tr>
<tr>
<td>Acide folique (acide (6S)-5 méthyltétrahydrofolique, sel de glucosamine, folate)</td>
<td>333.3 mcg</td>
<td>1000 mcg</td>
</tr>
<tr>
<td>Biotine</td>
<td>333.3 mcg</td>
<td>1000 mcg</td>
</tr>
<tr>
<td>Acide ascorbique (Vitamine C)</td>
<td>25 mg</td>
<td>75 mg</td>
</tr>
<tr>
<td>Choline (bitartrate de choline)</td>
<td>80 mg</td>
<td>240 mg</td>
</tr>
</tbody>
</table>

Inositol (inositol, hexanicotinate d’inositol) | 100 mg | 300 mg |

PABA (acide para-amino benzoïque) | 25 mg | 75 mg |

Ashwagandha de Sensoril® (Withania somnifera) (8:1, QBE 200 mg) | 25 mg | 75 mg |

Rhodiola (Rhodiola rosea, Racine) (3 % de rosavine, 1 % de salidroside) | 25 mg | 75 mg |

Panax ginseng (Racine) | 15 mg | 45 mg |

Ingrédients non médicaux : Stéarate de magnésium (source végétale), hypromellose, chlorophylle (ingrédients de la capsule). Ne contient pas de gluten, ni noix, œuf, produit animal ou laitier, poisson ou crustacé, soya, mais, ble ou levure.

Précautions et mise en garde :
• Consulter un praticien de santé avant d’en faire l’usage si vous êtes enceinte ou si vous allaitez.
• Consulter un praticien de santé avant d’en faire l’usage si vous prenez des sulfonamides, des antidépresseurs, si vous suivez une hormonothérapie de remplacement ou si vous prenez des contraceptifs oraux.
• La consommation en combinaison avec des breuvages alcoolisés, ou tout autre médicament ou produit de santé naturel ayant des effets sédatifs est déconseillée.
• Si les symptômes persistent ou s’aggravent, consulter un praticien de santé.

Contre-indications :
Ne pas utiliser si vous souffrez de trouble bipolaire ou de trouble du spectre bipolaire.

Known Adverse Reactions :
• People sensitive to niacin acid may experience flushing of the skin that is generally mild and transient.
• Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use.
• If you experience irritability or insomnia, discontinue use.

Sensoril® is a registered trademark of Natreon, Inc.
Formulated with over 35 years clinical experience.

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Sealed for your protection. Keep out of the reach of children. Do not use if safety seal is broken or missing. For freshness store in a cool, dry place.

Recommended dose: (Adults) Take 1 capsule 3 times daily. Take with food.

Medicinal ingredients: Each veggie capsule contains: 1 cap 3 caps

- Vitamin B1 (Benfotiamine) ................................33.3 mg 100 mg
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- Folic acid ((6S)-5-Methyltetrahydrofolate acid, glucosamine salt, Folate) ........333.3 mcg 1000 mcg
- Biotin .................................................... 333.3 mcg 1000 mcg
- Ascorbic acid (Vitamin C) .........................25 mg 75 mg
- Choline (Choline bitartrate) .....................30 mg 90 mg
- Inositol (Inositol, Inositol hexanicotinate) ..............................................300 mg 900 mg
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Contains no added gluten, nuts, eggs, animal products, dairy products, fish or shellfish, soy, corn, wheat or yeast.

B100 BioMax
Bio Active Coenzyme B Complex

Contient - Ashwagandha de Sensoril™ + Rhodiole + Panax ginseng

Absorption supérieure Santé cardiovasculaire Aide-énergie Soutien au système nerveux

≠ Sans GMO ≠ Sans gluten ≠ 100% végétarien
≠ Non irradié ≠ Non irradié ≠ Gluten Free
≠ Made in Canada ≠ Fabriqué au Canada ≠ 100% Vegetarian
≠ BPA Free Bottle ≠ Bouteille sans BPA ≠ GMP Certified
≠ GMO Free ≠ Non Irradiated ≠ Gluten Free ≠ Vegetarian
≠ www.nakapro.com ≠ www.nakapro.com

Vitamin B6 (Pyridoxal 5-phosphate, Pyridoxal hydrochloride) ..................33.3 mg 100 mg
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www.nakapro.com
Cautions and warnings:

• Consult a health care practitioner prior to use if you are pregnant or breastfeeding.
• Consult a healthcare practitioner prior to use if you are taking sulfonamides, antidepressant medication, hormone replacement therapy (HRT) or birth control pills.
• Consumption with alcohol, other drugs or natural health products with sedative properties is not recommended.
• If symptoms persist or worsen, consult a health care practitioner.

Contraindications:

If you have bipolar disorder or bipolar spectrum disorder, do not use this product.

Known Adverse Reactions:

• People sensitive to nicotinic acid may experience flushing of the skin that is generally mild and transient.
• Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use.
• If you experience irritability or insomnia, discontinue use.

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