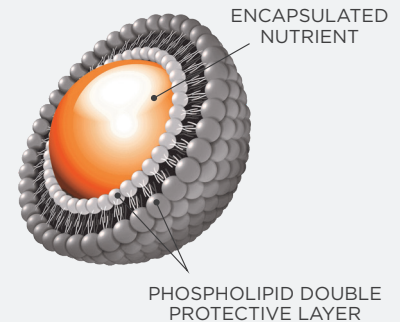


## ALTRIENT B AND MINERAL COMPLEX

THE BREAKTHROUGH IN VITAMIN  
DELIVERY AND ABSORPTION.

Altrient use a cutting-edge patented liposomal encapsulation technology process that wraps up nutrients in tiny phospholipid spheres which helps protect the nutrients from being broken down in the digestive system. Altrient vitamins and minerals get absorbed safely and swiftly into the blood stream and are efficiently delivered to cells where we need them most.



## MAXIMISED ABSORPTION FOR MAXIMISED BENEFITS

Altrient's unique liposomal delivery system is especially suited for water soluble vitamins such as vitamin C and B vitamins and nutrients which when supplemented in traditional oral forms are poorly absorbed or may get quickly depleted from the body. The difference in the effectiveness, absorption and utilisation is due to the advanced liposomal delivery system.

### KEY FEATURES:

- ✓ Leading Liposomal vitamin B complex formula Potent full spectrum of B vitamins.
- ✓ Contains folate present as the scientifically researched Quatrefolic®.
- ✓ Plus selenium, zinc, chromium and cinnamon extract.
- ✓ Liquid food supplement (gel).
- ✓ Contains a natural preservative.
- ✓ Loved by health and beauty professionals and A-listers.
- ✓ Convenient single dose sachets, easy to take on the go.
- ✓ Suitable for vegetarians and vegans.
- ✓ Long shelf-life, 18-months from manufacture, store at room temperature.
- ✓ Free from – gluten, sugar, sweeteners, stevia, artificial additives.
- ✓ Contains a natural preservative which can be easily evaporated.

### NUTRITIONAL INFORMATION

30 Servings. Serving Size: 1 sachet (6ml)	Per serving	% NRV*
Vitamin B1 (as thiamine HCl)	44 mg	4000%
Vitamin B2 (as riboflavin)	8.5 mg	607%
Niacin (as niacinamide)	20 mg	125%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	167%
Vitamin B6 (as pyridoxine HCl)	10 mg	714%
Folate (as 100 mcg [6S]-5-methyltetrahydrofolic acid) (Quatrefolic®)	100 µg	50%
Vitamin B12 (as methylcobalamin and cyanocobalamin)	50 µg	2000%
Biotin (as d-biotin)	300 µg	600%

### MINERALS

Zinc (as zinc glycinate)	20mg	200%
Selenium (as selenomethionine)	50 µg	91%
Chromium (as chromium picolinate)	50 µg	125%

### OTHER INGREDIENTS

Cinnamon (Cinnamomum cassia) bark extract	25mg	†
Phospholipids (from soya lecithin)	500mg	†
of which phosphatidylcholine	250mg	†

\*Nutrient Reference Value / † NRV not yet established

**Ingredients:** Purified Water, Lecithin Phospholipids (soya), Thiamine HCl, Cinnamon, Niacinamide, Zinc Glycinate, Riboflavin, D-Calcium Pantothenate, Pyridoxine HCl, Glucosamine Methylfolate, D-biotine, Selenomethionine, Chromium Picolinate, Methylcobalamin, Cyanocobalamin, Preservative: Grain Alcohol (ethanol), Flavour enhancers: Natural Raspberry Flavour, Mixed Berry Natural Flavour, Natural Orange Flavour, Natural Peach Flavour, Liquorice Extract, Steviol Glycosides, Thickening agent: Xanthan Gum.

**Precautions:** Do not exceed the recommended daily intake. Food supplements should not be used as a substitute for a varied balanced diet and a healthy lifestyle.

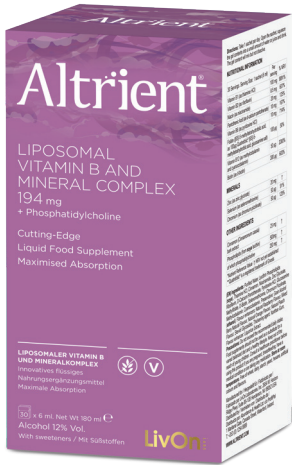
**Keep out of the reach of young children.**

Consult a healthcare practitioner before using this product if you are pregnant, breastfeeding, have a medical condition or are taking any medication.

**Store at room temperature.** Free of wheat, dairy, starch, yeast, hexane, artificial colours and flavours.

**Directions:** Take 1 sachet per day. Open the sachet, squeeze the gel contents into a small amount of water or juice, drink on an empty stomach 15 minutes before eating. The gel content will not dissolve.





Does not contain: GMO ingredients, added sugar, wheat, gluten, yeast, dairy, meat products, hexane, soya protein, artificial colours or flavours.

## THE KEY BENEFITS OF ALTRIENT VITAMIN B:

**B vitamins are water-soluble and are unable to be stored in the body which makes dietary sources essential for daily wellbeing. Altrient B vitamins encapsulated in liposomes are a convenient and easy way to keep your daily levels topped up.**

Altrient B Vitamin and Mineral Complex is ideal in supporting busy or stressful lifestyles, daily energy production, sports, performance and recovery. Also provides nutrition support for vegans and vegetarians since a plant based-diet may be lower in methyl donors. This highly absorbable liposomal gel comes in a handy sachet, convenient for taking during a race or a training session, at work or for on the go nutrition support.

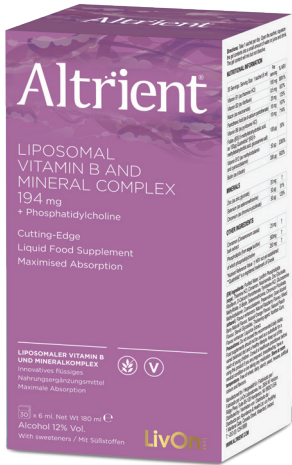


### ENERGY AND METABOLISM

- ✓ Vitamin B1, B2, B3, B5, B6, folate and B12 contribute to the reduction of tiredness and fatigue.
- ✓ Chromium contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels. Cinnamon could be a valuable support to a blood sugar balancing diet.
- ✓ Vitmain B1, B2, B3, B5, B6, B12 and biotin contribute to normal energy-yielding metabolism.
- ✓ Zinc contributes to the normal metabolism of carbohydrates and fatty acids.
- ✓ Zinc and biotin contribute to the normal metabolism of macronutrients.
- ✓ Vitamin B6 contributes to normal protein and glycogen metabolism.
- ✓ Selenium contributes to normal thyroid function, a healthy thyroid supports energy and metabolism.
- ✓ Vitamin B6 protein and glycogen metabolism.

### MIND AND MOOD

- ✓ Vitamin B1, B2, B3, B6, B12 and biotin contributes to normal functioning of the nervous system.
- ✓ Vitamins B1, B3, B6, B12, biotin and folate support normal psychological function.
- ✓ Vitamin B5 contributes to the normal synthesis and metabolism of some neurotransmitters.
- ✓ Zinc cognitive function and vitamin B5 contributes to normal mental performance.



Does not contain: GMO ingredients, added sugar, wheat, gluten, yeast, dairy, meat products, hexane, soya protein, artificial colours or flavours.

## CARDIO AND CIRCULATION

- ✓ Vitamin B6 and folate support normal homocysteine metabolism.
- ✓ Vitamins B2, B6, B12 contribute to normal red blood cell function.
- ✓ Vitamin B1 contributes to normal function of the heart.

## BEAUTY

- ✓ Zinc, biotin and vitamins B1 and B2 contribute to maintenance of normal skin.
- ✓ Zinc and selenium contribute to the maintenance of normal nails.
- ✓ Zinc and biotin contribute to the maintenance of normal hair.
- ✓ Zinc contributes to the maintenance of normal bones, blood vessels and vision.

## PROTECTION AND DEFENCE

- ✓ Vitamin B2, zinc and selenium contribute to the protection of cells from oxidative stress.
- ✓ Vitamins B6 and B12, folate, zinc and selenium support normal immune function.
- ✓ Biotin and vitamins B1 and B2 support the maintenance of normal mucous membranes.
- ✓ Vitamin B5 contributes to the normal synthesis and metabolism of vitamin D.

## GROWTH AND DEVELOPMENT

- ✓ Zinc contributes to normal protein synthesis, DNA synthesis and the maintenance of normal bones.
- ✓ Zinc, folate and vitamin B12 have a role in the process of cell division.

## HORMONE HEALTH AND FERTILITY

- ✓ Vitamin B5 contributes to the normal synthesis and metabolism of steroid hormones .
- ✓ Zinc contributes to the maintenance of normal testosterone levels in the blood.
- ✓ Vitamin B6 contributes to the regulation of normal hormonal activity
- ✓ Zinc contributes to normal fertility and reproduction.
- ✓ Selenium contributes to normal spermatogenesis.



## ACTIVE INGREDIENTS

**Vitamin B1 (thiamine)** contributes to energy-yielding metabolism, normal psychological function and supports normal functioning of the nervous systems. This key B vitamin also contributes to the normal function of the heart.

**Vitamin B2 (riboflavin)** contributes to normal functioning of the nervous system and the maintenance of normal skin, vision, red blood cells and iron metabolism. Vitamin B2 also contribute to the reduction of tiredness and fatigue and contribute to the protection of cells from oxidative stress.

**Vitamin B3 (niacinamide)** contributes to energy-yielding metabolism, the reduction of tiredness and fatigue, normal functioning of the nervous system, psychological function and the maintenance of normal skin.

**Vitamin B5 (d-calcium pantothenate)** contributes to the normal synthesis and metabolism of vitamin D, steroid hormones and some neurotransmitters and contributes to normal mental performance.

**Vitamin B6 (pyridoxine HCl)** contributes to the reduction of tiredness and fatigue, plays a critical role in the nervous system, supports the immune system and contributes to the maintenance of normal

psychological function and homocysteine metabolism. Vitamin B6 also supports normal protein and glycogen metabolism and contributes to normal cysteine synthesis. Cysteine is an amino acid used by the body during glutathione production.

**Folate ([6S]-5-mthyltetrahydrofolic acid)** contributes to the reduction of tiredness and fatigue, normal psychological function and normal methylation and homocysteine metabolism.

**Vitamin B12 (methylcobalamin and cyanocobalamin)** contributes to the normal function of the immune system, nervous system and the reduction of tiredness and fatigue. Vitamin B12 also plays a central role in the homocysteine metabolism and red blood cell formation. The body's own production of B12 naturally declines with age and may be affected by digestive malabsorption. Vitamin B12 has a central role in the process of cell division.

**Biotin (d-biotin)** supports the maintenance of nervous system, contributes to normal energy-yielding metabolism, the normal function of the nervous system, macronutrient metabolism (fats, proteins and carbohydrates), psychological function and contributes to the maintenance of normal skin, hair and mucous membranes.

## KEY MINERALS

**Zinc (zinc glycinate)** contributes to the maintenance of normal bones and the normal function of the immune system as well as the protection of cells from oxidative stress. Zinc has a role in the process of cell division, normal fertility and reproduction and contributes to normal DNA synthesis. Zinc contributes to normal cognitive function, supports the maintenance of normal testosterone levels in the blood and contributes to the normal metabolism of fatty acids, carbohydrates, vitamin A and protein synthesis. Zinc contributes to the maintenance of normal hair, skin, nails and vision.

**Selenium (selenomethionine)** contributes to the normal function of the immune system and contributes to the maintenance of normal hair, nails, thyroid function and spermatogenesis. This essential trace mineral is only required in small amounts however, food sources are declining due to poor soil content.

**Chromium (chromium picolinate)** contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels.

**Cinnamom (Cinnamomum cassia)** may provide support when there is a need to cut out unhealthy sweet foods or drinks and follow a diet that support blood sugar balance.

**Phospholipids** are key components of cell membranes. One of the many structural functions of the cell membrane is to regulate the transportation of nutrients in and out of the cells. Phospholipids like phosphatidylcholine are chief components of cell membranes. Altrient contains high levels of phosphatidylcholine, one of the most important and prominent phospholipids found naturally in cell membranes. At birth up to 90% of our cell membranes are made up of phosphatidylcholine. As we age, the percentage of phosphatidylcholine found in cell membranes declines to about 10%. This fact leads many to recommend consistent supplementation with this essential phospholipid.

Register for a trade account today  
and be part of the altrient revolution:

[www.abundanceandhealth.co.uk/trade](http://www.abundanceandhealth.co.uk/trade)

Stockists Locator: [www.altrient.com](http://www.altrient.com)

Ask for Expert Advice on Fitness, Beauty or Health related questions:

[training@abundanceandhealth.co.uk](mailto:training@abundanceandhealth.co.uk)

## References

[http://ec.europa.eu/food/safety/labelling\\_nutrition/claims/register/public/](http://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/)

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