

## BBC

### 10 Performance

#### What it is:

- A potent B complex supplement that provides 4 essential B-Vitamins in an oral delivery system explicitly designed to enhance the absorption rates of these water-soluble micronutrients.
- 4 essential B vitamins: B3, B6, B9, B12

#### Why take it:

- Many Americans are Vitamin B deficient and would benefit from this high potency B vitamin supplement.
- *B Complex*: Studies show that B3, B6, B9, B12 all work together to support your body, make energy from the food you eat and form red blood cells.
- *Nervous System*: Health problems may cause gradual loss of function eventually leading to anxiety. B12 is known to combat anxiety.
- *Stress Management*: Studies show that B6 vitamins can support the production of norepinephrine, a stress hormone.
- *Enhanced Mood*: B9 (folic acid) helps with symptoms of depression by raising your blood iron to keep it in a healthy range.
- *Sleep*: B6 helps to reset sleep patterns by helping with the production of the melatonin hormone which helps regulate our internal clock.
- *Cognitive Function*: B6 assists the hormone serotonin which plays a role in emotions as well as motor and cognitive functions.
- *Memory Health*: B9 helps with reducing neurodegeneration (memory loss).
- *Healthy Nerve & Blood Cells*: B12 and B9 work together to keep the cells and nerves healthy to make DNA.
- *Good Cholesterol*: B3 helps boost HDL (good cholesterol), which helps to protect our bodies by clearing out excess amounts of bad cholesterol (LDL) from our system
- *Energy*: the B vitamin complex helps your body convert food to energy

#### How it works:

- The B vitamins in our BBC work synergistically to help your body get things done like convert food to energy, improve sleep patterns, enhance mood and combat depression.
- B12: Plays a vital role in the proper functioning and health of the nervous system, digestive system, metabolism of carbohydrates and fats, and protein synthesis.
- B9: Necessary for the metabolism of fats, carbs and proteins to be used as energy in our bodies. Also plays a role in the production of DNA, which controls tissue growth and cell function.
- B6: Ensures proper metabolic function. It is responsible for the efficient function of over 100 enzymes and contributes to the production of serotonin. It also plays a crucial role in the production of red blood cells and hemoglobin.
- B3: Vital for cell respiration and the metabolism of carbohydrates, fats, and proteins. It also helps the body detoxify and maintain smooth muscle tone.
- Velvet Antler Extract: Increases strength gains and lean muscle mass, promotes fat loss, accelerates recovery from exercise and increases fatigue resistance.
- Tribulus: Improves performance, increases antioxidant activity, and increases glandular function.

#### Who should take it:

- Adults who are showing signs of B vitamin deficiencies such as weakness, numbness in extremities, easy bruising, mood changes, poor memory, anemia and low hemoglobin levels.

#### Dosage:

- 30 drops/1 ML = 1 fully squeezed dropper (which only fills two-thirds of the dropper)
- Take sublingually (under the tongue) and hold in your mouth for 90 seconds. Swallow afterwards.

- It is best to take 1 serving daily, first thing in the morning on an empty stomach.
- Take this supplement 3-5 days per week to avoid B-deficiency.

#### Ingredients:

- Vitamin B3 – 25mg
- Vitamin B6 – 10mg
- Vitamin B9 – 400mcg
- Vitamin B12 – 3,000mcg
- Velvet Antler Extract, Tribulus,
- Other: purified water, organic grape alcohol

#### FAQ's:

- Can I take too much?
  - Yes, if you use too much, your body can't absorb it and you will experience adverse uncomfortable side effects.
- Is it normal for me to feel flushed and sweaty and for my heart to race after taking it?
  - Niacin Flush can be very uncomfortable, but it does go away after a couple of doses. If you experience this, you can decrease the dose to ¼ and slowly work your way back up.
- Can I use this product at the same time as other products?
  - Our products are designed to work synergistically together, however, because of their properties, we do not recommend taking **BBC** and **PME** together. Taking other products with B-Vitamins can be too much B-12 for some.
- Is this ok for my children to use?
  - This product is not intended for children.