

Liposomal B Supreme

Highly absorbable B-complex vitamins for overall health and vitality

B vitamins are essential for energy production and for a host of biochemical reactions throughout the body that contribute to physical and mental health, as well as balanced moods and a healthy response to stress.

Although B vitamins are abundant in diets based on whole, unprocessed foods that include both plant and animal foods, restrictive diets are increasing in popularity, and several lifestyle factors interfere with or impair absorption of nutrients. This means that many people may not be getting adequate levels of these crucial vitamins. Alcohol intake, chronic stress, advanced age, and commonly prescribed medications are just a few of the factors that may lead to lower levels of B vitamins in the body. And for those who have not yet transitioned to a more nutrient-rich diet, despite the fortification of processed foods with B vitamins, suboptimal levels and outright deficiencies may result from excessive alcohol consumption, chronic stress, and long-term use of several common medications. Liposomal B Supreme provides B vitamins in a highly absorbable form to ensure adequate levels of these essential nutrients for total body and mind wellness.

What are Liposomes?

Liposomes are spheres made of phospholipids—the same primary building blocks of cell membranes. Owing to this structure, liposomes bond easily with cell membranes to deliver their nutrient cargo (in this case, B vitamins). Liposomes are extremely tiny particles, which allows for fast absorption, starting in the mouth.

Why Liposomal B Vitamins?

Many people have gastrointestinal complications that may impair absorption of B vitamins. Such issues include overgrowth of intestinal bacteria, inadequate stomach acid production (hypochlorhydria), malabsorptive conditions, use of medications that interfere with nutrient absorption, and more. Liposomal nutrient delivery technology bypasses these obstacles. B vitamins encased in phospholipids directly enter into circulation via the lymphatic system, thereby circumventing these common roadblocks to nutrient assimilation.

How to Take

- As a dietary supplement, take 1 mL (approx. 2 pumps), or as directed by your health care practitioner.
- Since the very small size of the liposome particles allows for some absorption to take place right away, it is recommended to hold the product in the mouth for 30 seconds before swallowing.

Benefits of Liposomal Technology:

- Rapid uptake, starting in the mouth
- Effective, efficient absorption in the body
- Longer circulation in the body for effective nutrient delivery



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.