



WWW.QNUTRAPHARMA.COM

*Platinum
Excellence*

FORTENERVE B

Carefully selected B vitamins to support a healthy nervous system.

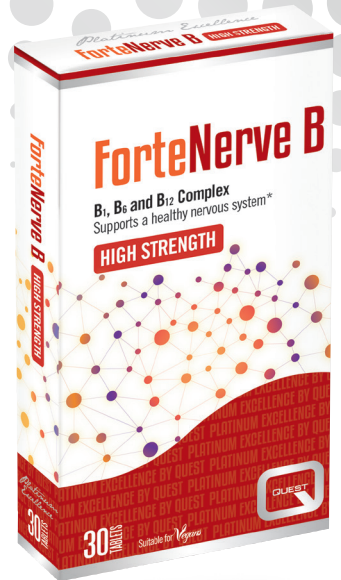
Nutritional Information

One tablet provides:

		%NRV
Vitamin B1	200 mg	18182
Vitamin B6	50 mg	3571
Vitamin B12	1000 µg	40000

*NRV = Nutrient Reference Values

One tablet daily with food.



SUMMARY

- High potency B1, B6 and B12 complex.
- Required for a healthy nervous system, supporting neurological, cognitive and psychological function.

WHAT IS FORTENERVE B?

Provides a high level of three carefully selected B vitamins to support a healthy nervous system. Vitamins B1, B6 and B12 contribute to the normal functioning of the nervous system. Vitamin B6 and B12 also contribute to normal psychological function. May help support and protect mental and cognitive performance and reduce physical nerve discomfort such as neuralgia or neuritis (inflammation of one or more nerves). Also indicated to help prevent nerve damage caused by excessive alcohol consumption and diabetic neuropathy (nerve damage caused by reduced peripheral blood flow in diabetes).

WHAT ARE THE NEUROLOGICAL FUNCTIONS OF VITAMINS B1, B6 AND B12?

Vitamins B1, B6 and B12 are required for releasing energy for the body, normal psychological function and also the proper functioning of the nervous system. In particular, the three B vitamins contained in ForteNerve B have specific roles in neurological function:

Synthesis of neurotransmitters

Vitamins B6 and B12 are required for the synthesis of important neurotransmitters, which are chemicals involved in neural communication. Neurotransmitters can affect mood, sleep and the perception of pain. Vitamin B6 especially is a co-factor in the synthesis of serotonin, GABA and dopamine, and without it, production is impaired.

Maintenance of nerve cells and signals

Vitamins B6 and B12 play a critical role in the formation and maintenance of the myelin sheath, which covers and protects nerve cells. The myelin sheath also helps signals between nerve cells travel quicker and ensures the integrity and strength of these nerve signals are maintained. Vitamin B1 is also involved in the flow of electrolytes in and out of nerve and muscle cells through ion channels.

Deficiency in these key B vitamins have been linked to a degeneration in the myelin sheath, exposing nerve cells and leading to neurological conditions such as neuropathy (damage to peripheral nerves) and symptoms such as numbness, tingling, neuropathic pain (also known as neuralgia), weakness in the arms and legs, balance problems, fatigue and depression.

Homocysteine metabolism

Vitamins B6 and B12 are required for normal metabolism of homocysteine. A deficiency in these vitamins may lead to hyperhomocysteinemia, a condition characterised by high levels of homocysteine in the blood and which is associated with a higher risk of cognitive impairment in older people.

Research has shown that high blood levels of homocysteine may be linked to weaker performance on cognitive tests and that B vitamin supplementation may be an effective way to lower homocysteine levels, thereby reducing the impact of cognitive impairment in older adults.¹

Psychological and cognitive function.

The B vitamins contribute to normal psychological and cognitive function. Deficiencies in vitamins such as B1, B6 and B12 can result in general neurological dysfunction. Research indicates that supplementation with B vitamins may help improve neurocognitive function.²

Ensuring an adequate nutritional status of key B vitamins, such as vitamin B6, particularly in the elderly or ageing

population may help to protect mental and cognitive performance or slow down the development of degenerative cognitive disorders.³

ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE USING FORTENERVE B?

A healthcare professional should be consulted before taking ForteNerve B whilst taking any other medication or if taking ForteNerve B for any specific neurological condition or symptoms. ForteNerve B is not recommended for use during pregnancy or when breastfeeding.

FEATURES

- Carefully selected B vitamins to support a healthy nervous system
- High potency vitamins B1, B6 and B12

HEALTH NEEDS



SENIOR'S HEALTH



SPECIALIST HEALTH

SCIENTIFIC REFERENCES

1. J Affect Disord. 2013 Aug 5. pii: S0165-0327(13)00565-X. doi: 10.1016/j.jad.2013.07.012.
2. Evid Rep Technol Assess (Full Rep). 2006 Apr;(134):1-161.
3. Psychopharmacology (Berl). 1992;109(4):489-96.

