



Youthful Woman 40+ with B-Complex

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SKU: LE02507

Categories: [Supplements & Vitamins](#)

Product Description

The nourishing formula of Youthful Woman 40+ with B-Complex can:

- Support healthy energy levels and well-being
- Help combat fatigue and promote a healthy stress response
- Promote relief from discomforts typically experienced by women when aging, such as mood swings and hot flashes

It's common for women to feel like their energy and mood levels are not as they used to be, particularly due to age-related changes. This formula is designed for women who are going through age-related hormonal changes. It contains eight essential B vitamins to support healthy and youthful energy levels, combined with a patented Siberian rhubarb extract that can help provide relief from discomforts typical of aging and perimenopause, which make women feel exhausted and have swinging moods.

Product details "Youthful Woman 40+ with B-Complex"

Health benefits at a glance:

Aging and experiencing age- and hormonal-related changes do not mean that women cannot feel their best, vibrant, and energized selves. It's a common experience for women who approach the perimenopause phase as they age to feel discomfort, exhaustion, and stress. The

formula of Youthful Woman 40+ with B-Complex is specifically designed to support the unique needs of women during this period of their lives. The combination of ingredients in this formula can **help manage specific perimenopausal and menopausal discomforts**, as well as offer other health advantages that benefit your **overall health and well-being**.

Why it works:

The eight essential active B vitamins found in this formula can promote healthy energy levels and your overall well-being. These various forms of vitamin B **can support your health in multiple ways**. The B vitamins are combined with a **patented, clinically-studied Siberian rhubarb extract**. This extract is standardized to unique plant compounds which are able to offer certain health benefits.

The science behind the product:

Active B vitamins for the energy you need

- **Vitamin B1 (thiamine)**: Can help improve well-being and energy levels, as well as support energy production from food. (1,2)
- **Vitamin B2 (riboflavin 5'-phosphate)**: Helps convert nutrients into energy and has antioxidant properties. (3,4)
- **Vitamin B3 (niacin amide)**: A crucial vitamin for energy production, DNA & cellular health. (5)
- **Vitamin B5 (pantothenic acid)**: Involved in producing coenzyme A, key for various biochemical reactions in the body, and in metabolizing proteins, fats, and carbohydrates. (6)
- **Vitamin B6 (pyridoxal 5'-phosphate)**: Associated with the metabolism of proteins and fat and with the production of neurotransmitters and hemoglobin. (7)
- **Vitamin B7 (biotin)**: Important for maintaining healthy, strong hair and skin. It's also involved in the metabolism of fats and carbohydrates. (8,9)
- **Vitamin B9 (folate as 5-methyltetrahydrofolate)**: Can promote heart health, healthy homocysteine levels, DNA synthesis, blood cell production, and cellular replication for the healthy growth and development of cells. (10-12)
- **Vitamin B12 (methylcobalamin)**: Crucial for the health of the central nervous system, the synthesis of neurotransmitters, and the production of energy. (13)

The patented Siberian rhubarb extract The clinically-studied Siberian rhubarb extract can **help manage** specific perimenopausal and menopausal discomforts, like **hot flashes, mood changes**, and **exhaustion**, both physical and mental. (14) It can also **promote healthy sleeping patterns, a healthy stress response & mood, as well as vaginal comfort**,

among other benefits. (15,16)

How to use:

Please take according to the dosage and use guidelines under supplement facts, or as recommended by a healthcare practitioner.

Supplement Facts

Serving size: 1 tablet Servings per container: 30

Amount per day (1 tablet):		%RI*
Vitamin B1 (as thiamine HCl)	10 mg	909
Vitamin B2 (as riboflavin 5'-phosphate)	5 mg	357
Vitamin B3 (as nicotinamide)	35 mg	219
Vitamin B6 (as pyridoxal 5'-phosphate)	20 mg	1429
Folic acid (vitamin B9) (as calcium-L-methylfolate)	816 µg	408
Vitamin B12 (as methylcobalamin)	300 µg	12000
Biotin (vitamin B8)	1000 µg	2000
Vitamin B5 (as D-pantothenate calcium)	50 mg	833
ERr 731® Siberian rhubarb (<i>Rheum rhaponticum</i> L.) extract (root) [std. to ≥ 54% rhaponticin, ≥ 27% desoxyrhaponticin]	4 mg	**

*RI = EU reference intake **No RI available

INGREDIENTS:

D-pantothenate, calcium (vitamin B5), bulking agent (dicalcium phosphate), nicotinamide (vitamin B3), methylcobalamin (vitamin B12), bulking agent (microcrystalline cellulose/cellulose gel), pyridoxal 5'-phosphate (vitamin B6), biotin (vitamin B8), thiamine hydrochloride (vitamin B1), bulking agent (cross-linked sodium carboxy methyl cellulose/cross linked cellulose gum), riboflavin 5'-phosphate, sodium (vitamin B2), anti-caking agent (silicon dioxide [nano]), siberian rhubarb root extract (*Rheum rhaponticum* L.), anti-caking agents (fatty acids, magnesium salts of fatty acids), glazing agent (ethyl cellulose), calcium-L-methylfolate (vitamin B9), glazing agents (sodium alginate, medium chain triglycerides, oleic acid)

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DIRECTIONS:

Take one (1) tablet daily.

CAUTION:

Consult with your healthcare practitioner if you have, or have a history of, estrogen-dependent tumors.

WARNINGS:

Keep out of reach of children. Do not exceed recommended daily dose. Do not purchase if outer seal is broken or damaged. Consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating. A food supplement should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Store tightly closed in a cool, dry place.
