Methylcobalamin+Pyridoxine+Niacin
Methylcobalamin (VITB12)

Cardiovascular Disease

Cardiovascular disease is the most common cause of death in industrialized countries, such as the United States, and is on the rise in developing countries. Risk factors for cardiovascular disease include elevated low-density lipoprotein (LDL) levels, high blood pressure, low high-density lipoprotein (HDL) levels, obesity, and diabetes.

Elevated homocysteine levels have also been identified as an independent risk factor for cardiovascular disease [Homocysteine is a sulfur-containing amino acid derived from methionine that is normally present in blood. Elevated homocysteine levels are thought to promote thrombogenesis, impair endothelial vasomotor function, promote lipid peroxidation, and induce vascular smooth muscle proliferation Evidence from retrospective, cross-sectional, and prospective studies links elevated homocysteine levels with coronary heart disease and stroke.

Vitamin B12, Vitamin B3 and vitamin B6 are involved in homocysteine metabolism. In the presence of insufficient vitamin B12, homocysteine levels can rise due to inadequate function of methionine synthase Results from several randomized controlled trials indicate that combinations of vitamin B12 and folic acid supplements with or without vitamin B6 decrease homocysteine levels in people with vascular disease or diabetes and in young adult women In another study, older men and women who took a multivitamin/multimineral supplement for 8 weeks experienced a significant decrease in homocysteine levels.

Evidence supports a role for folic acid and vitamin B12 supplements in lowering homocysteine levels.

Dementia and cognitive function

Researchers have long been interested in the potential connection between vitamin B12 deficiency and dementia A deficiency in vitamin B12 causes an accumulation of homocysteine in the blood and might decrease levels of substances needed to metabolize neurotransmitters [73]. Observational studies show positive associations between elevated homocysteine levels and the incidence of both Alzheimer's disease and dementia Low vitamin B12 status has also been positively associated with cognitive decline

The authors of two Cochrane reviews and a systematic review of randomized trials of the effects of B vitamins on cognitive function concluded that insufficient evidence is available to show whether vitamin B12 alone or in combination with vitamin B6 or folic acid has an effect on cognitive function or dementia [81-83]. Additional large clinical trials of vitamin B12 supplementation are needed to assess whether vitamin B12 has a direct effect on cognitive function and dementia [6].

Energy and endurance

Due to its role in energy metabolism, vitamin B12 is frequently promoted as an energy enhancer

and an athletic performance and endurance booster. These claims are based on the fact that correcting the megaloblastic anemia caused by vitamin B12 deficiency should improve the associated symptoms of fatigue and weakness

PYRIDOXINE (VITAMINB6)

Vitamin B6 is a type of B vitamin. It can be found in certain foods such as cereals, beans, vegetables, liver, meat, and eggs. It can also be made in a laboratory.

Vitamin B6 is used for preventing and treating low levels of pyridoxine (pyridoxine deficiency) and the "tired blood" (anemia) that may result. It is also used for heart and blood vessel disease; high cholesterol and other fats in the blood; high blood pressure; stroke; reducing blood levels of homocysteine, a chemical that might be linked to heart disease; and helping clogged arteries stay open after a balloon procedure to unblock them (angioplasty).

Women use vitamin B6 for premenstrual syndrome (PMS) and other menstruation problems, "morning sickness" (nausea and vomiting) in early pregnancy, stopping breastmilk flow after childbirth, depression related to pregnancy, menopause, or using birth control pills, and symptoms of menopause.

Vitamin B6 is also used for Alzheimer's disease and other types of dementia or memory loss, attention deficit-hyperactivity disorder (ADHD), Down syndrome, autism, diabetes and related nerve pain, sickle cell anemia, migraine headaches, asthma, carpal tunnel syndrome, night leg cramps, muscle cramps, arthritis, preventing fractures in people with weak bones, allergies, acne and various other skin conditions, and infertility. It is also used for dizziness, motion sickness, preventing the eye disease age-related macular degeneration (AMD), seizures, convulsions due to fever, and movement disorders (tardive dyskinesia, hyperkinesis, chorea), as well as for increasing appetite and helping people remember dreams.

Some people use vitamin B6 for boosting the immune system, eye infections, cataracts, sleep problems, bladder infections, tooth decay, and preventing polyps, cancer, and kidney stones.

Vitamin B6 is also used to overcome certain harmful side effects related to radiation treatment and treatment with medications such as mitomycin, procarbazine, cycloserine, fluorouracil, hydrazine, isoniazid, penicillamine, and vincristine. Vitamin B6 is also used for nausea and vomiting associated with gastrointestinal illness in children and with use of birth control taken by mouth. Vitamin B6 is frequently used in combination with other B vitamins in vitamin B complex products.

NIACIN (NIACINAMIDE)

Niacin has a wide range of uses in the body, helping functions in the digestive system, skin and nervous system. Niacin, a name coined from nicotinic acid vitamin, comes in several forms, including niacinamide (nicotinamide) and inositol hexanicotinate. Each of these forms has various uses as well.

Niacin also can play a part in improving health. According to NIH, it is also used for treating migraine headaches, circulation problems and dizziness, and to reduce the diarrhea associated with cholera.

Those who have intimacy problems may also benefit from niacin. According to a study published in the Journal of Sexual Medicine, vitamin B3 was found to improve the ability to maintain an erection in men with moderate to severe erectile dysfunction. Niacin is known for lowering LDL

(bad) cholesterol and triglycerides in the blood. Additionally, the Mayo Clinic reported that niacin could raise HDL (good) cholesterol by more than 30 percent. Therefore, niacin has been a major part of treating high cholesterol for at least 50 years.