



## Benefits & Ingredients of Active-B Methyl Booster

Active-B Methyl Booster is an effective weight loss supplement. The effectiveness of all supplements, however, lies in their ingredients. To get to know more about Active-B Methyl Booster, here is a list of its ingredients with their corresponding health benefits.

### **Thiamin**

Also known as vitamin B1, thiamin HCL is responsible for breaking down food and releasing energy from it. Thiamin, therefore, is essential for metabolism. It also contributes to the normal functioning of the heart and the brain. One of the lesser-known benefits of this vitamin is that it helps in maintaining normal psychological function.

### **Riboflavin**

Like thiamin, riboflavin or vitamin B2 also helps in breaking down food and nutrients, including carbohydrates, fats, and proteins. It is, therefore, essential in producing energy. It can also prevent several health problems including, cardiovascular disease, some forms of cancer, migraines, and dementia, amongst others.

### **Niacin**

Also known as vitamin B3, Niacin is a very important nutrient. Every part of the body depends on this vitamin so they can function well. It can also help address certain health conditions, including arthritis and high cholesterol levels. It can also help give you a mental boost. In the supplement, it is used as niacinamide and 8% inositol hexaniacinate.

### **Vitamin B6**

Together with other B vitamins, vitamin B6 helps boost metabolism by breaking down food and converting them to energy. On its own, however, vitamin B6 has plenty of benefits. It can help alleviate symptoms of depression, reduce the risk of Alzheimer's, prevent and treat anemia, help in alleviating symptoms of PMS, and prevents arteries from getting clogged. Used as pyridoxine HCl and 40% pyridoxal 5' phosphate.

### **Folate**

Much has been said about the benefits of folate for pregnant women, but it has other uses too. It is needed for the creation of red and white blood cells in the bone marrow and the production of DNA and RNA. And like other B vitamins, it can also help in converting carbohydrates into energy.

### **Vitamin B12**

Vitamin B12 is essential for the proper functioning of the brain. It can affect sleep, memory, mood, judgment, and even personality. This is why the brain must always have an ample supply of this vitamin. Vitamin B12 deficiency can result in memory loss and nerve problems, used as Hydroxocobalamin.

### **Biotin**

Some studies suggest that biotin can help people with type 2 diabetes because it can help regulate blood glucose levels. It may also help in the prevention of kidney damage. Biotin is also essential for healthy hair, skin, and nails.

### **Pantothenic Acid**

Being one of the B vitamins, pantothenic acid, or vitamin B5 plays an important role in metabolism and the conversion of protein, fats, and carbohydrates into energy. It is also necessary for the creation of red blood cells. It can also help in the treatment of adrenal fatigue and is a good aid in weight loss, used as Calcium Pantothenate.

### **Glutathione**

Glutathione is a very powerful antioxidant that offers plenty of health benefits. It protects the mitochondria - the powerhouse of the cells - against oxidative and free radical damage. It can also improve the insulin resistance of older folks and increase the mobility of people with peripheral artery disease. It is also good for the skin.