

# Liposomal B Supreme

Superior Delivery and Absorption

 LPOBSP | 1.6 FL OZ (50 mL)

Did you know there are eight different B vitamins that work together to support many bodily functions, including energy production, brain function, stress response, and detoxification? B vitamins are water-soluble, so your body doesn't store them well and you need to get them daily from food or supplements. While some processed foods are fortified with B vitamins, many people — including vegetarians, vegans, pregnant women, older adults, those with digestive issues, and individuals with certain health conditions — may not get enough to maintain optimal health.\* Liposomal B Supreme provides highly absorbable B vitamins in a convenient liquid form, using liposomal technology to enhance absorption starting in the mouth. Liposomes are tiny, fat-based spheres that help deliver nutrients directly to your cells. This formula also includes trimethylglycine (TMG), a compound that works with B vitamins to support methylation, a key process that impacts overall cellular and metabolic health.\*



## FOUNDATIONAL HEALTH\*



Promotes healthy vitamin B status\*



Supports cellular energy production\*



Promotes physical and mental health\*



Supports heart, brain, and liver health\*



Promotes a healthy stress response\*



May support normal methylation\*

## Supplement Facts

Serving Size 1 mL (approx. 2 pumps)  
Servings Per Container 50

Amount Per Serving		% Daily Value
Thiamin (as Thiamine HCl)	4.8 mg	400%
Riboflavin (as Riboflavin-5-Phosphate)	3.3 mg	254%
Niacin (as Niacin, Niacinamide)	10 mg NE	63%
Vitamin B-6 (as Pyridoxine HCl)	6.8 mg	400%
Folate (as Calcium Folate)	700 mcg DFE	175%
Vitamin B-12 (as Methylcobalamin)	500 mcg	20833%
Biotin	500 mcg	1667%
Pantothenic Acid (as Dexpantenol)	20 mg	400%
Trimethylglycine (as Betaine)	20 mg	*

\*Daily Value not established.

**Recommended Use:** Take 1 mL (approx. 2 pumps) and hold in mouth for 30 seconds before swallowing or as directed by your health-care practitioner.

**Warning:** If pregnant, breastfeeding, or planning to become pregnant, consult your health-care practitioner before use.

## JUST THE FACTS:

Compare supplement facts to the leading brands

- **Thiamin** – Supports energy production, brain health, and normal antioxidant status\*
- **Riboflavin** – Helps with energy production, supports healthy iron status, and plays a role in maintaining the healthy status of other B vitamins\*
- **Niacin** – Supports energy production, healthy DNA function, and calcium balance\*
- **Pantothenic acid** – Helps the body break down fats for energy\*
- **Vitamin B6** – Supports energy production, brain health, and the breakdown of carbohydrates, fats, and proteins\*
- **Biotin** – Supports healthy hair, skin, and nails, along with normal blood sugar and fat metabolism\*
- **Folate** – Supports methylation, a key process for overall health in every person, and is especially important during pregnancy\*
- **Vitamin B12** – Supports energy, brain function, and cellular health.\* Supplementation may be particularly helpful for those on plant-based diets or with absorption challenges\*
- **Trimethylglycine** – Also known as betaine, works alongside B vitamins to support healthy methylation status and may help promote a balanced inflammatory response and overall cell health\*
- **Stevia leaf** – Lightly sweetened with stevia for overall improved taste

\*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.

\*\*Ipsos 2023 survey among 160 U.S. functional medicine practitioners who are aware of Designs for Health and recommend supplements. Among these practitioners, in an average month, Designs for Health is their most recommended practitioner supplement brand, meaning a brand that is sold by health-care practitioners, in their office. (For sample definition, go to <https://www.designsforhealth.com>)