

2 MONTH SUPPLY



EMERALD
LABORATORIES



COENZYMATED
B
HEALTHY
RAW WHOLE-FOOD
BASED FORMULA

Probiotics & Enzymes

**L-5 METHYLTETRAHYDROFOLATE
COENZYMATED FOLIC ACID**

Dietary Supplement
120 Vegetable Capsules

**Gluten-Free
Formula**

DO NOT PEEL PAST LINE

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 60

Amount Per Serving	% Daily Value*
Vitamin B1 (Thiamine Mononitrate)	50mg 2941%
Coenzyme Vitamin B2 (R-5-P)	50mg 1871%
Vitamin B3 (Niacin)	10mg 50%
Vitamin B3a (Nicotinamide)	40mg 200%
Vitamin B5 (D-Calcium Panthothenate)	250mg 2500%
Coenzyme Vitamin B6 (P-5-P)	500mg 2500%
Vitamin B12 (Methylcobalamin)	500mcg 8300%
Coenzyme Folic Acid (L-5 Methyltetrahydrofolate)	400mcg 100%
Biotin	300mcg †
Inositol	50mg †
Choline Bitartrate	50mg †

Raw Whole-Food Proprietary Blend	665mg	+
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[illegible]

Abstract The authors examined the effects of a 12-week, 1000 kcal/day energy-restricted diet on the body composition and metabolic profile of 10 obese women. The subjects were randomly assigned to either a low-carbohydrate (LC) or a low-fat (LF) diet. The LC diet was composed of 10% carbohydrate, 15% protein, and 75% fat, and the LF diet was composed of 60% carbohydrate, 15% protein, and 25% fat. Both diets were supplemented with 100 mg of vitamin E daily. The subjects were monitored for 12 weeks, and body composition and metabolic profile were measured at baseline and at 12 weeks. The LC diet resulted in a greater loss of weight and fat mass compared with the LF diet. The LC diet also resulted in a greater improvement in insulin sensitivity and a greater reduction in triglyceride levels. The authors conclude that a 12-week, 1000 kcal/day energy-restricted diet with a low carbohydrate content is more effective than a low-fat diet in promoting weight loss and improving metabolic profile in obese women.

* Percent Daily Value based on a 2000 Cal Diet.

† Percentage Daily value not established

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