



Super B™ (with Rhodiola rosea)

Food Nutrient **Super B™** formula contains all 8 essential B vitamins and supporting lipotropic factors. It also contains Rhodiola rosea, vitamin C and bioflavonoids, making **Super B™** an ideal formula for stress management with extra antioxidant support.

The B vitamins are important in supporting and regulating the body's metabolic functions and are necessary for the transformation of food (carbohydrates, fat and protein) into usable energy. They help maintain healthy skin and muscle tone, enhance function of the immune and nervous systems, and support healthy brain and cardiac function. In addition to promoting cellular growth and division, they also promote mental well-being by combating symptoms of stress, depression and anxiety.

Rhodiola rosea is a herb known for its adaptogen properties, which means that it increases the body's resistance and adaptation to stress (cold, exertion, lack of sleep, toxic exposure, infection and psychological stresses) and helps normalize physiological function. [Refer to Rhodiola rosea description, on reverse side, for further details]

The Advantages of Food Nutrients

Dietary sources of the B vitamins, including a variety of fruits, vegetables, nuts, whole grains, legumes and liver, are the ideal means of obtaining these vitamins. However, with the nutritional value of food declining over the years, it is no longer certain that an adequate amount of vitamins are being consumed. In contrast to the chelated and isolated (USP) vitamins, Food Nutrients offer the closest replication of the nutritional value of food and are complete natural food extracts bound together within their natural matrix of supporting molecules and carrier proteins. This allows for transportation of the nutrients to the appropriate receptor cells and enables the body to recognize the nutrients as 'food', thus allowing for maximum nutritional benefit. Being 90% effective and the closest form of

supplementation to food, Food Nutrients allow for much greater absorption and fully deliver the benefits of the vitamins they contain. The higher quality, increased effectiveness and greater nutritional value of Food Nutrient supplements means that required dosages can be significantly lower than other forms of supplements.

Any kind of mental or physical stress as well as poor eating habits will increase the body's need for B vitamins. Also, since B vitamin absorption declines with age, older persons can develop vitamin B deficiency. **Super B™** has been formulated to provide an optimal blend of B vitamins and supporting lipotropic factors for those not regularly receiving an adequate daily dose of B vitamins to maintain optimal health. Since B vitamins are water-soluble and not generally stored in the body, they are required daily to maintain good health. With the addition of Rhodiola rosea, vitamin C and bioflavonoids, it is ideally suited for individuals who experience higher than normal stress levels and associated symptoms.

Medicinal Ingredients: Each tablet contains:

Vitamin B1/Thiamine	1.4 mg
Vitamin B2/Riboflavin	1.6 mg
Vitamin B3/Niacin	18.0 mg
Vitamin B5/Pantothenic acid	6.0 mg
Vitamin B6/pyridoxine hydrochloride.....	2.0 mg
Vitamin B12	1.0 µg
Vitamin C (ascorbic acid).....	60.0 mg
Bioflavonoids (citrus pulp).....	6.0 mg
Biotin	150 µg
Choline	25.0 mg
Folate (folic acid).....	200.0 µg
Inositol.....	25.0 mg
Para-amino-benzoic acid.....	25.0 mg
Rhodiola rosea	100.0 mg

Non-medicinal Ingredients:

stearic acid, silicon dioxide, magnesium stearate, zein.

Recommended Dosage (adult):

Take one tablet a day or as directed by a healthcare practitioner.



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Super B™ (with Rhodiola rosea)

Super B provides eight B vitamins and three related vitamin-like compounds.

Vitamin B1 (thiamine) helps to modulate the appetite, nervous system, heart and muscles and supports growth and repair of all body tissues. Nerve cells require thiamine in order to function normally.

Vitamin B2 (riboflavin) is required to activate other B vitamins (vitamin B6 and folic acid) and is needed to process amino acids and fats. Riboflavin contributes to healthy skin, is good for the eyes, supports red blood cell production and can act as an antioxidant.

Vitamin B3 (niacin) helps to lower cholesterol and triglyceride levels, increase blood circulation, reduce blood pressure, promote healthy skin, stimulate relaxation and regulate the sex hormones.

Vitamin B5 (pantothenic acid) is important for producing, transporting, and releasing energy from fats, synthesizing cholesterol (needed to manufacture vitamin D and steroid hormones) and activating the adrenal glands.

Vitamin B6 (pyridoxine) is responsible for the release of glycogen from the liver and muscles as a source of energy, the production of hemoglobin, and the conversion of amino acids needed to produce certain hormones (e.g. serotonin, melatonin, and dopamine). As a regulator of mental processes, vitamin B6 can play a role in combating high blood pressure, calming hyperactivity in children and easing the symptoms of PMS. In combination with vitamin B12 and folic acid, vitamin B6 supplementation works to lower an elevated homocysteine level, which has been identified as a leading cause of heart disease and stroke.

Vitamin B12 (cyanocobalamin) helps protect nerve tissue and is involved in the production of red blood cells. Vitamin B12 is needed for normal nerve cell activity, DNA replication, and production of the mood-affecting substance SAMe (S-adenosyl-L-methionine). Vitamin B12 deficiency causes fatigue and has been linked to such diseases as AIDS, Alzheimer's and tinnitus. Since animal protein is the primary sources of B12, vegetarians and vegans typically require B12 supplementation.

Folic acid is associated with cell regeneration and growth and is required for protein synthesis in all cells. Rapidly growing tissues (e.g. a fetus) and rapidly replicating cells (e.g. red blood cells and immune cells) require folic acid. This is why folic acid supplementation is particularly important for pregnant woman in replacing the supply of folic acid the growing fetus uses up. Folic acid deficiency can lead to anemia.

Biotin is important for the production of fatty acids, antibodies, digestive enzymes, and in vitamin B3 metabolism.

Choline and **Inositol** prevent the accumulation of fatty deposits in the liver that could compromise the liver's ability to eliminate harmful chemicals entering the body, support brain and nervous system functions and aid in the proper formation of cell membranes.

Para-aminobenzoic acid (PABA) can enhance the effects of cortisone and may prevent or even reverse the accumulation of abnormal fibrous tissue.

Rhodiola rosea helps the body adapt to stresses of various kinds and thus has a wide range of beneficial effects on the body including: improves mental and physical performance with anti-fatigue, anti-stress and antidepressant properties; reduces stress-induced heart damage; enhances thyroid, thymus and adrenal function; reduces liver toxicity; and has beneficial antioxidant effects.

Vitamin C is a highly effective antioxidant that acts to lessen oxidative stress and is an important co-factor for the biosynthesis of many important biochemicals. Bioflavonoids, naturally accompanying vitamin C, enhance the uptake of vitamin C, protect vitamin C from oxidation and thus helps to prevent inflammation and allergies.



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