

B Complex

Recommended Use:

- ▶ Stress management
- ▶ Symptoms of Vitamin B deficiency
- ▶ Gastrointestinal disorders (e.g. leaky gut and IBS)

Biomed's B-Complex™ has been formulated to provide an optimal blend of high levels of B-vitamins and supporting lipotropic factors. It is ideally suited for vegans, vegetarians or individuals who experience stress in their life and may not regularly be receiving an adequate daily dose of B-Vitamins to maintain optimal health.

This B-Complex™ formula provides the full range of B-Vitamins and lipotropic factors. B-vitamins are important in regulating the body's metabolic functions. They help the body to convert carbohydrates into glucose, which provides the body with energy and are essential in the breakdown of fats and protein. B-Vitamins also are important in maintaining proper brain function, supporting healthy muscle tone in the gastrointestinal tract, and in ensuring healthy functioning of the nerves, skin, eyes, hair, liver, and mouth.

Dietary sources of the B-vitamins include a variety of fruits, vegetables, nuts, whole grains, legumes and liver. Since B-Vitamins are water-soluble they are excreted and not stored in the body. To maintain good health, the body needs to be provided with B-Vitamins on a regular, as-required basis. Some signs of B-vitamin deficiency include: general malaise, moodiness, restlessness, irritability, insomnia, muscular weakness, and a sore or dry mouth or tongue. Any kind of mental or physical stress as well as poor eating habits will

increase the body's need for B-Vitamins. Persons who diet, consume caffeine or drink alcohol are prone to B-Vitamin depletion. Also, since B-Vitamin absorption declines with age, older persons can develop Vitamin- B deficiency. Factors such as reduced food consumption, age-related compromised nutrient absorption and the side effects of some medications (e.g. diuretics) are further reasons why the elderly may experience vitamin B deficiency. Persons who do not consistently consume foods containing B-Vitamins can benefit from supplementation B-Complex™.

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 vitamin B1 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. Vitamin B2 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.



Medicinal ingredients: Each vegetarian capsule contains:

Vitamin B1 (Thiamine)	50 mg
Vitamin B2 (Riboflavin)	50 mg
Vitamin B3 (Niacin)	50 mg
Vitamin B5 (D-Pantothenic acid)	50 mg
Vitamin B6 (Pyridoxine hydrochloride)	50 mg
Choline	50 mg
Inositol	50 mg
PABA (Para-aminobenzoic acid)	50 mg
Folic acid (Folate)	0.4 mg
Biotin	50 mcg
Vitamin B12 (Cyanocobalamin)	50 mcg

Non-medicinal Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide.

Recommended Dose (adults): Take one capsule a day with food or as directed by a health care practitioner.

Caution/Warnings: Consult a health care practitioner prior to use if you have impaired liver function or if you are taking Levodopa. Discontinue use if you experience a prolonged flushing, burning, tingling or itching sensation on the face, arms or chest.

NPN 02248604 • 60 Capsules



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 haemoglobin, 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 source of B12, vegetarians 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 pregnant women need folic acid supplementation to replace the supply 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 B-3 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 the proper formation of cell membranes.

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