

# B COMPLEX PLUS

## Sustained Release B Complex *plus* Antioxidants

**A sustained release B Complex formula in a specially coated tablet with the active forms of B-2 and B-6, folic acid *plus* beneficial antioxidants.**

Each sustained relief tablet contains: Magnesium Oxide 30 mg., Vitamin B-1 (Thiamin HCL) 20 mg., Vitamin B-2 (Riboflavin) 20 mg., Vitamin B-6 (Pyridoxine HCL) 20 mg., Vitamin B-12 100 mcg., Pantothenic Acid 100 mg., Taurine 10 mg., Niacinamide 60 mg., Folic Acid 400 mcg., Biotin 300 mcg., Choline Bitartrate 60 mg., Para-Amino Benzoic Acid 40 mg., Inositol 40 mg., Riboflavin 5' Phosphate 5mg., Pyridoxal 5' Phosphate 5 mg., Alpha Lipoic Acid 10 mg., Pine Bark Extract 10 mg., Ginkgo Biloba 10 mg., Grape Seed extract 10 mg., Lycopene 1 mg., Zinc Gluconate 3 mg., Bilberry extract 10 mg.

**DIRECTIONS:** 1 Tablet per day, or as needed, with food. B Complex Plus is the first choice for a B-Complex, except for those with digestive problems that might interfere with the dissolution and absorption of this specially prepared tablet. For those individuals, **FTH Three Phos-B** is recommended. *CAUTION: Those taking the drug Coumadin should avoid products containing the antioxidant Ginkgo Biloba.*

### **RECOMMENDED TO ENHANCE STRUCTURE & FUNCTION RELATING TO NUTRITIONAL NEEDS AND DEFICIENCIES PERTAINING TO:**

- Releasing B-Vitamins during an extended period to provide the cells with the nutrients needed for maximum Krebs' cycle activity.
- Providing a B Complex with all the B-Vitamins, including the active forms of B-2 and B-6.
- Sufficient amounts of folic acid, along with B-6 and B-12, to help prevent and reduce homocysteine levels. Helps to build cardiovascular health.
- Helping to metabolize amino acids, carbohydrates and lipid synthesis.
- Maintaining proper neurotransmitter function and a healthy nervous system.
- Helping to combat stress.
- Providing antioxidants to help build healthy cells.

### **SOME BENEFITS OF B COMPLEX PLUS**

B-COMPLEX PLUS has a full spectrum of the highest quality B-Vitamins with active forms of B-2 and B-6, in a **sustained release tablet** to provide a longer delivery system. ANTIOXIDANTS are included in this unique complex for extra protection against "free radical" damage. Sufficient amounts of folic acid, B-6, and B-12 are included for prevention and reduction of harmful homocysteine levels.

### **WHAT ARE THE FUNCTIONS OF B-VITAMINS?**

- Vitamin B-1 (Thiamin) is necessary for proper function of the nervous system, and muscles, including the heart muscle. It is involved in glucose metabolism and is essential for energy production.
- Vitamin B-2 (Riboflavin) is important for healthy skin, mucous membranes and energy metabolism.
- Vitamin B-3 (Niacin or Niacinamide) works in the glycogen energy cycle, oxidating fatty acids for energy.
- Vitamin B-6 (Pyridoxine and the active Pyridoxal 5' Phosphate) is essential for amino acid metabolism, hemoglobin formation, and a healthy nervous system.
- Vitamin B-12 (Cyanocobalamin) is essential for all cells, including red and white blood cells, as well as a healthy nervous system. It is also essential to help prevent harmful homocysteine levels.
- Folic Acid is important for healthy cell production, including red and white blood cells, and it helps prevent and reduce harmful homocysteine levels. It helps build healthy cells.

- Pantethine or Pantothenic Acid (B-5) has multiple roles in energy metabolism, is a coenzyme, and is important for proper neurotransmitter health. It is also known as the “stress vitamin”.
- Biotin is important for gluconeogenesis and fatty acid synthesis, and is essential for healthy hair, skin and muscle tissue.
- Choline Bitartrate is important for nerve transmission to the brain and a healthy nervous system, as well as regulation of the gallbladder and proper liver function.
- Inositol, a lipotropic, works with choline and biotin helps metabolize fatty acids, lowering cholesterol and controlling fatty deposits on the liver.
- Niacinamide is a vasodilator with an affect on cholesterol, hormones and growth.
- Para-Amino Benzoic Acid (PABA) a component of folic acid, is an antioxidant, and helps maintain healthy flora balance of the intestine.

## WHY IS SUSTAINED RELEASE IMPORTANT?

B-Vitamins are essential for amino acid metabolism, and healthy brain, cell, and nerve function. There is no storage capacity for B-Vitamins, and excessive amounts, which are not immediately utilized, are excreted. Therefore, it is best to provide these nutrients in small amounts over an extended time. The sustained release tablet provides a longer acting delivery system to insure proper function of the Krebs’ cycle, and provide the necessary biochemistry for healthy cell activity.

## WHAT IS HOMOCYSTEINE?

Homocysteine naturally occurs from protein metabolism. B-6, B-12 and folic acid are necessary to prevent excessive buildup of these levels. High levels of Homocysteine can damage the endothelium lining exposing the underlying layers of blood vessels forming clots. This has been noted in many medical studies in journals, including *New England Medical Journal*, *JAMA* and *Lancet*.

## WHY ARE ANTIOXIDANTS IMPORTANT?

Antioxidants are molecules that help attack “free radicals”, which can damage healthy cells. Antioxidants are important for cardio-vascular health, and have many other beneficial properties. The antioxidants included for increased protection in this *unique B-COMPLEX PLUS SUSTAINED RELEASE* are:

- ALPHA LIPOIC ACID is a powerful antioxidant that helps build healthy cells more than any other antioxidant, and enhances the effects of other antioxidants.
- BILBERRY EXTRACT has powerful anti-aging properties.
- LYCOPENE (found in tomatoes) has high antioxidant properties, and is especially important for prostate health.
- GINKGO BILOBA EXTRACT has free radical scavenging properties, and platelet activating factor, contributing to protection of vascular endothelia. It also helps protect brain functions associated with memory and may prevent hypoxic damage and other changes in neurotransmitter functions caused by aging.
- PINE BARK (a flavonoid) EXTRACT helps prevent nitric oxide deficiencies, and has anti-inflammatory properties. It also potentiates other antioxidants, such as Vitamin C, Vitamin E and Glutathione.
- GRAPE SEED EXTRACT is high in flavonoids and free radical scavenging activity. It inhibits stomach mucosal injury, as well as increasing glutathione levels. It helps build healthy cells.
- ZINC is a mineral that is a free radical terminator, is important for prostate health, and is involved in numerous biological actions.
- TAURINE, (an amino acid) helps combat “free radicals” found in smog, and potentiates the action of Vitamin E.
- MAGNESIUM OXIDE is important for enzyme activity. It is also essential for calcium and potassium uptake and is necessary for cardiovascular health.

## REFERENCES

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\*These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease.