

## The Unbeatable B's

Many of us would benefit from the addition of the unbeatable B's in our daily supplement program. Without the Vitamin B family, our bodies can't maintain healthy nerves, skin, hair, eyes, liver, or muscle tone. Nor can they utilize carbohydrates, fats, and proteins adequately. The Vitamin B family is an important group of nutrients, each with its own biological role to play. As a group, the B's work together in the body and can be found in the same foods. Because of this "togetherness" they're called the B complex vitamins. Since B vitamins are water-soluble and cannot be stored in the body for long periods of time, they must be replaced daily. Remember B vitamins are best taken with food to both increase absorption and to eliminate the possibility of causing an upset stomach.

We offer individual B vitamins such as niacin that are often used therapeutically, as well as B complex vitamins to provide complete B vitamin support. Try one of our high quality individual B vitamin products:

**Vitamin B6** - Promotes cardiovascular, immune and skin health. It is necessary for B12 absorption and is needed for the absorption of protein, carbohydrates and fats. Available in prolonged release and vegetarian formulas.

**Vitamin B12** - Important for red blood cell formation, iron and macronutrient metabolism, as well as cardiovascular, nerve and mental function. Our B12 is available in three unique delivery systems:

- **Double Absorption B12:** Contains a special resin that delays disintegration of the tablets until they reach the small intestine.
- **Prolonged Release B12:** Advanced manufacturing technique that allows the tablets to breakdown slowly over 2-4 hours for increased assimilation.
- **B12 Lozenge:** Natural raspberry-flavored 1000 mcg lozenges dissolve to provide a flavorful alternative to swallowing pills.

**Biotin** - Needed for nutrient absorption and assists in forming and utilizing fatty acids. Important in the absorption of all B vitamins. Promotes healthy skin, hair, nails, as well as energy. Also, found in clinical studies to help potentiate the action of the trace mineral chromium picolinate.

**Folic Acid** - Important for red blood cell development, preventing anemia and essential for body cell growth. It is recommended that all women of child bearing age take a daily folic acid supplement to reduce the risk of neural tube defects in infants. The recommended dosage is generally 400-800 mcg per day.

**Niacin or Vitamin B3** - Plays a role in fat synthesis, energy production, adequate circulation and nervous system. Niacin, or nicotinic acid is often used for supporting healthy cholesterol levels. We offer Niacin 100mg, Niacin 500mg prolonged release niacin to maximize and control absorption as well as No Flush Niacin 800mg.

**PABA** - Promotes healthy skin, hair and red blood cell formation. Assists the body in the utilization of nutrients, as well as maintaining a healthy intestinal flora. Our product is provided in an immediate release delivery system.

**Pantothenic Acid** - Supports metabolism, adrenals, helps form hormones and nerve regulating substances. Involved with digestive tract health as well as maintaining blood sugar levels.

### **Heart Health - Support Homocysteine Levels with Vitamin B Supplements**

Homocysteine is an amino acid that is usually broken down and released from the body with no harm done. Some people have a genetic flaw that leaves them deficient in the enzymes responsible for regulation and breakdown of homocysteine, and this toxic amino acid builds up in their system leading to major cardiac events. Even those without the genetic flaw are susceptible, with typical risk factors such as smoking, obesity, and environmental stresses. The B vitamins included in **Homocysteine Support Formula** work in conjunction with the methyl cell donor trimethylglycine as a catalyst for the breakdown and removal of homocysteine from the system.

### **B Complex Vitamins**

We carry a large selection of B complex products in a variety of formulas and dosages to help meet all of your specific health needs. B complex vitamins are important because the deficiency of just one of the B's can alter the utilization and absorption of the other important B vitamins. We offer a wide variety of single B vitamins, plus B complex supplements such as **Stress B & C with Iron, Hi-Potency B Stress and Balanced B 50 or Balanced B 100**.

Other B vitamins included in our B complex formulas are **thiamin (vitamin B1)** and **riboflavin (vitamin B2)**, which also have important roles in metabolism, nerve, as well as heart health to name a few of their many functions.

### **REFERENCES:**

Chambers JC, et al. Improved vascular endothelial function after oral B vitamins: An effect mediated through reduced concentrations of free plasma homocysteine. *Circulation*. 2000 Nov 14;102(20):2479-83.

Homocysteine Lowering Trialists' Collaboration. Dose-dependent effects of folic acid on blood concentrations of homocysteine: a meta-analysis of the randomized trials. *Am J Clin Nutr*. 2005 Oct;82(4):806-12.

Shils ME, et al. *Modern Nutrition in Health and Disease*, 9th Ed. 1999, Lippincott Williams & Wilkins, Philadelphia.

Willems FF, et al. Coronary endothelial function in hyperhomocysteinemia: improvement after treatment with folic acid and cobalamin in patients with coronary artery disease. *J Am Coll Cardiol*. 2002 Aug 21;40(4):766-72.

This information is for educational purposes only and should not be construed as medical advice. 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.

2115

©2002-2006 Anabolic Labs, Inc.  
All rights reserved.