

Vitamin B-Complex 100 Capsules By Pure Herbs Ltd

Manufacturer: Pure Herbs, LTD.

This group of 12 vitamins, collectively known as the B-Complex, was meant to work together as a balanced team. Four of the Vitamin B's can be made by the body itself. The rest must be obtained in prefabricated form from our diet. Proper stomach acid is needed to utilize B vitamins. For this reason, some people take 1tsp. to 1tbsp. of Apple cider vinegar or Wine vinegar at a meal with B-vitamins. Too much of one single Vitamin B can lead to a depletion of the others. Their overall function can be summarized, by saying that they ensure that the nerves of the body can utilize blood sugar as their energy source and conduct messages properly. The B Vitamins also maintain the covering or insulation on the nerves known as myelin (my'-oh-lin) so that "short circuits" do not occur. Then the nerves can monitor the body and coordinate its functions. Each of the vitamin B's has a specialty function and it is good to know what they are so you can recognize when a person is not getting enough of them. We will concern ourselves with some of their most established functions. A complete list would fill a good sized book. That being the case, it is a pretty good idea to simply make sure you have a supplemental source of these vital compounds needed for life in your diet each day. B-1, also known as Thiamine-control of the nerves, which service the hands and feet (especially important for diabetics), heart and brain including memory (supportive of those with Alzheimer's disorder) and mood. B-2, also known as Riboflavin- Energy, healthy tongue, lips and gums, prevents itching skin. B 3, also known as Niacin, -increases blood circulation and drives out radiation. B 5, also known as Panthothenic Acid nourishes adrenal glands, one on top of each kidney, to counteract stress and strong physical activity, combats fatigue.* B 6, also known as Pyridoxine- Proper growth and clear skin. Helps combat depression.* B 7, also known as Biotin, prevents rashes and red scaly skin eruptions, discourages hair loss. Can correct brittle fingernails in woman. Allows body to use blood sugar better. B 9, also known as Folic acid insures that new body cells develop and divide correctly, prevents premature aging. Especially important for women, who are pregnant. B 12, also known as Cyanocobalamin insures enough new blood cells will be produced of the proper size, color and appearance. Lack of this vitamin causes a deadly type of anemia. Paba softens skin, improves hardened blood vessels, promotes healthy hair and helps prevent hair loss and restores color. Choline needed for healthy liver, brain and heart functions and their repair. The need for Choline is increased for pregnant and nursing mothers to ensure proper brain development. Inositol reduces excess fat in blood stream. Growing evidence indicates Inositol is helpful to stop formation of tumors and "bad cells". Lipoic Acid is manufactured rather easily by the body. Important for its ability to detoxify and recycle material for energy. Growing evidence confirms that the Vitamin B's working together as a team also help to prevent deterioration of body tissues and thus promote a longer, healthier life.*

*This product has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

SUPPLEMENT FACTS

Serving Size 1 Capsule

Amount Per Capsule	%DV
Vitamin B1 (thiamine)	33 mg 2200%
Vitamin B2 (riboflavin)	33 mg 1940%
Vitamin B3 (niacinamide)	25 mg 125%
Vitamin B3 (niacin)	8 mg 40%
Vitamin B6 (pyridoxine HCl)	33 mg 1650%
Folic Acid	133 mcg 33%
Vitamin B12 (cyanocobalamin)	33 mcg 550%
Biotin	100 mcg 33%
Vitamin B5 (pantothenic acid)	33 mg 330%
Inositol	33 mg*
Choline	33 mg*
Proprietary Blend	164 mg*

Lemon Bioflavonoid

Para amino benzoic acid (PABA), Rutin, Rose Hip Extract (Rosa canina), Acerola Fruit Extract (Malpighia glabra), Rice Flour(Oryza sativa).

Daily Value (DV) not established

Other ingredients: Gelatin.

VITAMINS AND MINERALS AND PROTEIN > *Vitamin B-Complex 100 Capsules By Pure Herbs Ltd*

Vitamin B-Complex 100 Capsules By Pure Herbs Ltd

DOSAGE: Take 1 capsule with a meal 3 times per day.

The products and the claims made about specific products on or through this site have not been evaluated by Heaven & Herbs or the United States Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease. The information provided on this site is for informational purposes only and is not intended as a substitute for advice from your physician or other health care professional or any information contained on or in any product label or packaging. You should not use the information on this site for diagnosis or treatment of any health problem or for prescription of any medication or other treatment. You should consult with a healthcare professional before starting any diet, exercise or supplementation program, before taking any medication, or if you have or suspect you might have a health problem. By ordering products from heavenandherbs.com, you submit that you are in agreement with our disclaimer and terms of use.