



B VITAMIN COMBINATIONS

100 Tablets per bottle
Nappi Coded products

SELECTED COMBINATIONS OF B VITAMINS

EACH OF THESE VITAMINS ARE PART OF THE CHAIN OF 17 B-VITAMINS. THEY HAVE BEEN ISOLATED AND THEN COMBINED WITH A PARTICULAR B VITAMIN FOR BETTER FUNCTIONALITY.

You are only as healthy as your cells - the core of your body's make-up. Fortunately help is at hand through a rapidly expanding group of natural vitamins called the B - group vitamins. The B-group of vitamins is a collection of essential nutrients, which work in closely related ways in the body.

All of the B-group complex family are water-soluble and easily lost through cooking, refining and food processing. As rice (particularly brown rice) is a concentrated source of natural B-complex, you should save and use the cooking water rather than throw it away. The B-group vitamins occur in different forms. They are found in food sources such as vegetables and animal foods, vegetable proteins, Brewers yeast, Torula yeast and also in wholegrain cereals.

B-group vitamins are vital for converting carbohydrates into glucose and food into energy. They are also vital for the working of the central nervous system and are recommended for those working under pressure. When the body has a deficiency in B vitamins, carbohydrates do not burn fully but produce 'smoke' so to speak. The symptoms are nervousness, constipation, fatigue and indigestion.

Many of the B-group vitamins are concerned with various processes in the liver, eyes, skin and hair.

B vitamins have many functions, which include helping to offset the damaging effects of chronic and acute stress, allergies, chronic fatigue, lowering of Cysteine levels, preventing Atherosclerosis and assisting the immune system.

Special combinations of nutrients can actually improve your mood. Lifeforce is pleased to provide natural elements that can enhance mood and improve your outlook on life. There's no smarter way to put a smile on your face!

When you are stressed, your body burns up a considerable amount of vitamin B. In such times, your body requires vitamin B supplementation.

BENEFICIAL EFFECTS:

- ✓ B-group vitamins are helpful in strengthening the nervous system.
- ✓ Eating foods rich in or supplementing with B vitamins (such as individualized B vitamins, Liver or Torula Yeast) can help people under physical or emotional stress.
- ✓ The B vitamins can prove most beneficial for individuals with weak digestion, poor appetite, constipation, fatigue, anaemia and migraines.

HOMOCYSTEINE

Homocysteine is an amino acid produced by the body. Some of the B vitamins can reduce elevated levels of amino acid homocysteine, a risk factor for cardio vascular disease. Vitamin B6, Vitamin B12 and Folic Acid are the primary homocysteine lowering nutrients.

WHO SHOULD SUPPLEMENT WITH B VITAMINS?

Anyone who is not eating a healthy balanced diet or shows any of the general symptoms of stress may benefit from supplementing with a B-complex or combinations of B vitamins.

- Fatigue (tiredness)
- Loss of appetite
- Lack of concentration
- Lethargy
- Weight loss
- Recurrent colds and flu
- Other infections
- Weak digestion
- Poor appetite
- Constipation
- Anaemia
- Migraines

Lifeforce's selected combinations of B vitamins are essential for stress recovery and immune function strengthening. They are ideal for those who are very busy, stressed or facing many demanding and challenging tasks.

DOSAGE

1 - 2 tablets, 3 to 4 times a day, 20 minutes after meals.

FUNCTIONS OF COMPONENTS OF THE SELECTED COMBINATIONS OF B VITAMINS

LIFEFORCE VITAMIN B2 & 6

A nutritional supplement combining vitamins B2 & B6. Aids with energy release from foods and protein metabolism.

Vitamin B2 (also known as vitamin G) is easily absorbed by the body, but needs to be replaced regularly through foods or supplements. The amount excreted depends on bodily requirements and may be accompanied by protein loss. B2 is the most common vitamin deficiency. Unlike vitamin B1, vitamin B2 is not destroyed by heat, oxidation, or acid.

What it can do for you:

- ✓ Promotes healthy skin, nails and hair
- ✓ Helps to eliminate sore mouth, lips and tongue
- ✓ Aids in growth and reproduction
- ✓ Benefits vision and prevents eye fatigue
- ✓ Functions together with other B-complex to metabolise fat, proteins and carbohydrates and thereby helps to release energy from foods

Personal advice:

If you are pregnant, breast-feeding or on the pill, you have an increased requirement for this vitamin. If you eat very little red meat or dairy products, you should increase your daily intake. There is a strong likelihood of deficiency of this vitamin if you are on a prolonged restricted diet or have ulcers or diabetes. All stress conditions require an additional B-complex intake. Your needs are also increased after burn wounds.

Vitamin B6 is excreted within eight hours after ingestion and like the other B Vitamins, needs to be replaced by whole foods or supplements. Requirements are increased during pregnancy and lactation and when high-protein diets are followed. Vitamin B6 is necessary for the production of antibodies and red blood cells.

See next page for more details on vitamin B6

LIFEFORCE VITAMIN B6 Plus

Vitamin B6 Plus is a combination of vitamins B6 and B3.

Vitamin B6 is excreted within eight hours after ingestion and like the other B Vitamins, needs to be replaced by whole foods or supplements. Requirements are increased when high-protein diets are consumed and during pregnancy and lactation. Vitamin B6 must be present for the production of antibodies and red blood cells.

What it can do for you:

- ✓ If you eat very little meat or avoid dairy products, you should increase your daily intake
- ✓ All stress conditions require additional vitamin B6
- ✓ Necessary for the proper absorption of vitamin B12
- ✓ Required for HCL production in the body and helps with magnesium absorption
- ✓ Necessary for proper assimilation of protein and fat
- ✓ Aids in the conversion of Tryptophan (an essential amino acid) into vitamin B3
- ✓ Helps prevent various nervous and skin disorders
- ✓ Alleviates nausea, promotes proper synthesis of anti aging Nucleic acid
- ✓ Reduces certain forms of Neuritis as well as night muscular spasms, leg cramps and numbness
- ✓ Works as a natural diuretic

Personal advice:

If you are on the pill or are a heavy protein consumer, you are likely to need increased amounts of vitamin B6. If you are taking a B-complex, make sure there is enough vitamin B6 in the formula to be effective. Pyridoxine is expensive and some Vitamin formulas cut back on it. If you can't remember your dreams, it might be a sign that you need a separate pyridoxine (B6) tablet in addition to your daily multivitamin or B-complex.

Vitamin B3 is necessary for healthy nervous systems and brain function. It essential for the synthesis of sex hormones (Oestrogen, Progesterone and Testosterone), as well as Cortisone, Thyroxin and Insulin - in other words it controls blood sugar, blood pressure, levels of energy and stress. A Niacin / Nicotinamide deficiency can bring about negative personality changes.

What it can do for you:

- ✓ Promotes a healthy digestive system, through its involvement in enzyme systems and can therefore alleviate gastro intestinal disturbances
- ✓ Aids a healthier-looking skin
- ✓ Helps to prevent and ease the severity of migraine headaches

- ✓ Improves circulation and reduces high blood pressure
- ✓ Eases some attacks of diarrhoea
- ✓ Reduces the unpleasant symptoms of vertigo (dizziness)
- ✓ Increases energy levels by proper food utilisation
- ✓ Helps eliminate canker sores and bad breath
- ✓ Reduces cholesterol levels
- ✓ Assist with energy release from carbohydrates

Personal advice:

If you are taking antibiotics and suddenly find your niacin flushes becoming severe - don't be alarmed, it is quite common. You'll probably be more comfortable if you switch to Niacinamide / Nicotinamide. Increasing your niacin intake can assist cholesterol problems. Skin that is particularly sensitive to sunlight is often an early indicator of a niacin deficiency. Your requirements are increased by chronic infections and intestinal disease. Do not give your pets large doses of niacin - it can cause flushing and sweating, greatly distressing both the animal and you.

LIFEFORCE VITAMIN B12 Plus

Vitamin B12 a nutritional supplement with Vitamin B12, Pepsin, Folic Acid, Vitamin C and the minerals iron and zinc for maximum absorption.

Vitamin B12 is commonly known Cyanocobalamin and also as the 'red vitamin'. Vitamin B12 is measured in micrograms (mcg). It is the only vitamin that contains essential mineral elements. B12 is not well assimilated through the stomach and needs to be combined with calcium during absorption, to benefit the body properly. A diet low in vitamin B1 (such as a vegetarian diet) often hides a B12 deficiency. A properly functioning thyroid gland helps B12 absorption. A vitamin B12 deficiency may take more than five years to appear, after the body stores have been depleted.

What it can do for you:

- ✓ Promotes growth and increases appetite in children.
- ✓ Increases energy
- ✓ Maintains a healthy nervous system.
- ✓ Proper utilisation of fats, carbohydrates and protein.
- ✓ Relieves irritability
- ✓ Improves concentration, memory and balance
- ✓ Aids with red blood cell formation

Personal advice:

If you are a vegetarian and have excluded eggs and dairy products from your diet, then B12 supplementation becomes essential. When combined with folic acid, B12 can be a most effective revitaliser. Surprisingly, heavy

protein consumers may also need extra amounts of this vitamin, which works synergistically with almost all other B vitamins, as well as vitamins A, C and E. Women may find taking a B-complex vitamin (containing B12) helpful prior to and during menstruation.

Pepsin is a vital and predominant digestive enzyme that is a potent digester of meats and other proteins, splitting them into usable amino acids. It is required for the oral absorption of vitamin B12 and is only active in an acid medium.

Vitamin C provides a balanced ratio and guarantees maximum antioxidant protection, vitamin activity and cellular protection. It boosts our immune response to infectious diseases by increasing leukocyte function and raising the production of interferon. Aids in keeping connective tissues healthy and strengthens capillaries. Also assists with stress conditions and the lowering of blood cholesterol as an anti-oxidant.

Folic Acid works together with vitamin B12 in red blood cell formation, the synthesis of nucleic acids and certain amino acids. It stimulates stomach acid secretions and improves digestion and appetite.

Iron transports oxygen in the blood to produce energy. Iron aids growth and promotes resistance to disease. It cures and prevents iron-deficiency anaemia and restores good skin tone. Women with heavy menstrual flows or short cycles need to supplement with iron. Consuming large quantities of coffee or tea is likely to inhibit iron absorption.

Zinc Gluconate lowers histamine production and counteracts allergies. Zinc accelerates healing time and increases natural immunity against bacterial invasion to promote skin health and alleviate Psoriasis. It also assists in removing white spots on fingernails.

**MEDHOL CC trading as
REFORM DISTRIBUTORS
Reg No: 2000-023749-23**

Suppliers of Lifeforce Products
Suite 250, Private Bag X153, Bryanston, 2021
Tel: (011) 659-0612 Fax: (011) 659-0578
E-mail address: we_are@yebo.co.za

A MEMBER OF THE HEALTH PRODUCTS ASSOCIATION

CONTACT: SUE DU PLESSIS