

LIFEFORCE

HIGH POTENCY BALANCED B COMPLEX PLUS

AVAILABLE IN 60 CAPSULES

NAPPI CODE: 701762/003

B-VITAMIN DEFENSE AGAINST THE DEPLETING EFFECTS OF STRESS AND FATIGUE

High Potency Balanced B Complex Plus includes 15 of the chain of 17 B-vitamins. These B-vitamins are combined with Royal Jelly, Ginkgo Biloba and Acetyl-L-Carnitine for increased potency.

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

All of the B-group complex family are water-soluble and easily lost through cooking, refining and food processing. The B-group vitamins occur in different forms. They are found in food sources such as vegetables and animal products, vegetable proteins, Brewers yeast, Torula yeast as well as in wholegrain cereals. B-vitamins can assist patients to supplement in the safest, most scientific way.

Only the best GMP (Good Manufacturing Products/Practice) raw materials and ingredients are selected. A careful combination of raw material quality and production practises is used to

guarantee maximum nutrient content, absorption and potency. This is coupled with a long tradition of small, short manufacturing runs to guarantee maximum freshness and super-potency.

High Potency Balance B Complex Plus has recently been reformulated and updated.

Special combinations of nutrients can actually improve your mood. Lifeorce 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!

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

B vitamins have many functions, which include helping to offset the damaging effects of Chronic and Acute Stress, Allergies, Chronic fatigue, as well as lowering Cysteine levels, preventing Atherosclerosis and assisting the immune system. Many of the B-group vitamins are concerned with various processes in the liver, eyes, skin and hair.

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:

- ✓ Eating foods rich in B-vitamins (such as liver) or supplementing with B-vitamins 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.

- ✓ B-group vitamins are helpful in strengthening the nervous system.

HOMOCYSTEINE

Homocysteine is an amino acid produced by the body. Certain B-vitamins can reduce elevated levels of homocysteine, a risk factor for cardiovascular 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 vitamin or taking combinations of B vitamins:

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

Lifeorce High Potency Balanced B Complex Plus is essential for stress recovery and for strengthening immune function. It is ideal for those who are very busy, stressed or facing many demanding and challenging tasks.

FUNCTIONS OF COMPONENTS OF HIGH POTENCY BALANCED B COMPLEX PLUS

B vitamins are synergistic - they are more potent when used with other B-vitamins than when used on their own. Vitamin B1, B2 and B6 intake should be equally balanced to work optimally. When the formula contains anti-stress Pantothenic acid (B5), Folic Acid and vitamin B12, it works even more effectively.

Vitamin B1

- ✓ Aids in carbohydrate metabolism
- ✓ Helps to keep the nerves and brain cells healthy

Vitamin B2

- ✓ Aids in maintaining skin, nail and hair health
- ✓ Assists with growth and reproduction
- ✓ Helps to eliminate sore lips, tongue and mouth
- ✓ Benefits vision and prevents eye fatigue
- ✓ Functions with other B-vitamins to metabolise fat, proteins and carbohydrates, and thereby helping to release energy from food

Vitamin B3

- ✓ Necessary for a healthy nervous system and brain function
- ✓ Essential for the synthesis of sex hormones (Oestrogen, Progesterone and Testosterone, as well as Cortisone, Thyroxin and Insulin) - in other words, controls blood sugar, blood pressure, energy and stress levels
- ✓ A vitamin B3 (Niacin) deficiency can bring about negative personality changes

Vitamin B5 (Calcium Pantothenate)

- ✓ Maintains normal growth and development of the central nervous system and helps in cell building
- ✓ Assists the conversion of fat and sugar to energy

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 also when high-protein diets are followed
- ✓ Vitamin B6 must be present in the production of antibodies and red blood cells
- ✓ Required for the efficient absorption of vitamin B12 and magnesium
- ✓ Necessary for HCL production in the body

Vitamin B12

- ✓ Aids red blood cell formation and assists in maintaining a healthy nervous system

Folic Acid

- ✓ Works together with vitamin B12 in red blood cell formation as well as in the synthesis of nucleic acids and certain amino acids
- ✓ Stimulates stomach acid secretions and improves digestion and appetite

Biotin (Vitamin H)

- ✓ Works synergistically with vitamins A, B2, B3 and B6 in maintaining a healthy skin
- ✓ Aids in preventing hair loss (baldness) and greying
- ✓ Can be used to alleviate Eczema and Dermatitis

Choline and Inositol

- ✓ Choline and Inositol work together synergistically
- ✓ Aids memory and prevents memory loss in later years
- ✓ Assists the liver to eliminate poisons from the body
- ✓ Promotes healthy hair growth
- ✓ Helps in preventing Eczema
- ✓ Aids in redistributing body fat
- ✓ Acts as daytime sedative and helps to induce sleep at night

PABA (Para-Amino-Benzoic-Acid)

- ✓ Has important sun-screening properties
- ✓ Protects against sunburn, wrinkles and dark spots
- ✓ Keeps skin healthy and can help delay wrinkles
- ✓ Helps to restore natural colour to hair
- ✓ Corrects pigmentation loss in the skin and hair (i.e. Vitiligo)
- ✓ Eczema is often linked to a PABA deficiency

Vitamin B15

- ✓ Functions similarly to vitamin E as it is also an antioxidant
- ✓ Vitamin B15 extends cell life span
- ✓ It neutralises the craving for liquor and reduces hangovers
- ✓ Speeds recovery from fatigue
- ✓ Lowers blood cholesterol levels

- ✓ Aids in protein synthesis
- ✓ Relieves the symptoms of Angina and Asthma
- ✓ Protects the liver against Cirrhosis.
- ✓ Stimulates immune response
- ✓ Vitamin B15 action is often improved when taken together with vitamins A and E

Ginkgo Biloba Extract

- ✓ Research has shown that Ginkgo Biloba aids in the transport of glucose to the cells and increases blood flow and oxygen to the brain
- ✓ Ginkgo Biloba improves brain function, concentration and memory in all age groups

Royal Jelly

- ✓ A rare substance extracted from beehives, which gives the queen bee her fertility, stamina and longevity
- ✓ Rich in vitamins, minerals, amino acids, natural sugars, and more importantly, its enzyme content
- ✓ It is a rich source of Vitamin B5
- ✓ Royal Jelly is the only natural source of a most unusual fatty acid, 10hydroxy-2-decenoic acid

Acetyl-L-Carnitine

- ✓ Assists in improving memory and learning
- ✓ Enhances mental quickness
- ✓ Used to treat Alzheimer's Disease
- ✓ Improves cerebral blood flow
- ✓ Alleviates depression and elevates mood

You owe it to yourself to supplement with this highly specialised formulation of High potency Balanced B Complex Plus. It will assist you to cope with the demands of today's high-pressured world.

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