



Balanced B-Complex

Stock #1625-4 (120 tablets)

Balanced B-Complex is an ideal B vitamin supplement for vegetarians. Each tablet is high in vitamin B12 and also provides a precise balance of B vitamins in order to promote B12 absorption—an important nutrient often found lacking in vegetarian diets. Balanced B-Complex is yeast-free and contains no animal by-products, sugar, starch, or artificial colors or flavors.

Each tablet of Balanced B-Complex provides:

B1 - 5mg
B2 - 6mg
B6 - 9mg
B12 - 50mcg

Biotin - 0.1mg

Folic acid - 0.4mg

Niacin (B3) - 50mg

Pantothenic acid (B5) - 45mg

In a base of cabbage, lettuce, rice polish, watercress, wheat germ, and the following additional B-complex nutrients:

Choline, another member of the B-complex vitamin, is derived from the chemical compound phosphatidylcholine (lecithin). Choline is helpful for dealing with major nerve, psychiatric, and infectious diseases, and may also prove beneficial for cardiovascular disease.

Choline appears to influence memory loss and other nervous system disorders. It is a known fact that drugs destroy choline, including antihistamines and some anti-depressants, which leads to the loss of short-term memory. Thus, initial experiments have shown choline may actually help improve both the memory and mood of some Alzheimer's patients. Also, mood problems, including manic depression, have been helped with choline, which is a safer and less expensive alternative to lithium. Furthermore, ailments which lead to unnatural muscular movements and which are a result of irregularities of the neurotransmitter structure, such as Parkinson's and Huntington's diseases, have been successfully treated with choline.

Inositol, also part of the B-complex vitamin and found in high concentrations in lecithin (along with choline), is a complex form of fatty acid. Inositol is associated with neurotransmitters within the nervous system, and is essential for managing numerous cells within this system. Many reports promote inositol as a natural tranquilizer which alleviates anxiety and encourages sleep. Experimental studies have shown inositol helps increase nerve operations. This is especially important to diabetics who suffer from the deterioration of peripheral nerves caused by chronic high blood sugar.

PABA (para-aminobenzoic acid) is an important part of the vitamin B-complex family, occurring in conjunction with folic acid. PABA is necessary for the breakdown and utilization of proteins, and for the formation of healthy blood cells. PABA is important to skin health and hair pigmentation, aids in preventing hair loss, and nourishes the glands and intestines. PABA is produced by friendly colonic flora when conditions are favorable, and is stored in the tissues.