

B-Complex

There are 8 B vitamins that make up the B-Complex.

B1. Thiamine

B2. Riboflavin

B3. Niacin

B5. Pantothenic acid

B6. Pyridoxine

Folic acid

B12. Cobalamin

Biotin

Why Do I Need B Vitamins?

- They are water-soluble; therefore, any excess is excreted and not stored by the body. They must be continually replaced.
- Stress depletes supplies of B.
- Sulfa drugs, sleeping pills, insecticides, and estrogen deplete B vitamins.
- Our processed diet including sugar and alcohol play a major role in depleting B-Complex from the body.

How Do I Take B-Complex?

The most important thing to remember is that all the B vitamins should be taken together. They are so interrelated in function that large doses of any of them may be therapeutically valueless or may cause a deficiency of others. In nature, the B-complex, vitamins are found in yeast, green vegetables, whole grains, eggs, salmon, but nowhere is there a single B vitamin isolated from the rest. Most preparations of single B vitamins are synthetic or at least no longer in their natural form. The balance or amount of each B vitamin is already set by God and that is how it is in natural food sources or whole food supplements. If the balance is off, too much of one B vitamin can throw your bodies ability to utilize the others properly. A deficiency in one often indicates a deficiency in another.

Biotin and folic acid are the most expensive B vitamins. Biotin is about 18 times as costly as silver and takes approximately three months to produce. If you are purchasing a B-complex vitamin make sure it has at least the 100% RDA for each of these vitamins. Low amounts of any of the B vitamins will throw the others off balance and too high amounts may cause a deficiency in the others.

Some studies show that 100 mg daily can decrease the chance of hair loss in men.

Designed Healthy Living

New studies have proven that time-released B-vitamins together with a time-released vitamin C will give you a more steady dose of B-vitamin and fewer supplements may be required to achieve the desired affect. Most time-released B-complex have not been proven to work, the balance is difficult to achieve.

The absorption of B-Complex may be compromised if a person has been taking antibiotics as a medication or in their foods (beef, chicken, and dairy products). For this reason a person may want to make sure they are getting a high quality yogurt in their diet or taking a pre and probiotics to supplement their health.

Roles of B-Complex:

1. Enables the body to release **energy** from food. If the food you eat has been deprived of the B vitamins, you are asking your body to burn sugar, flour, etc, without "wicks". The results will be lack of energy, tiredness, indigestion, and constipation.
2. B vitamins enhance the **nervous system**. They are necessary for proper nerve transmission. They are important for mental and emotional stability. Signs of deficiencies in this area are mood swings, depression, nervousness, hyperactivity schizophrenia and irritability.
3. **Stress** plays a major role in depleting these vitamins; your adrenal gland depends on the B vitamins to work properly enabling you to handle stress in a healthy way.
4. B vitamins are necessary for the proper amount of **hormones**. PMS, menopause, diabetes, etc, all depend on your bodies utilization of these vitamins.
5. Support and elevate the metabolism levels.
6. Formation of protective antibodies, healthy red blood cells, normal growth and they contribute to healthy **skin, hair, eyes, liver, mouth, digestive tract, muscles, immune system and proper brain function**.

Signs of B-complex deficiencies:

poor appetite	constipation
high cholesterol	abnormal heart rhythms
mouth sores	craving for sweets
numbness in hands and feet	carpal tunnel
poor coordination	insomnia

Designed Healthy Living

These people need extra B-Complex:

Oral birth control pills	taking antibiotics
Consuming alcohol	cradle cap (biotin)
Strenuous exercise	

FOOD SOURCES:

Green leafy vegetables, eggs, brewer's yeast, whole grains and salmon

Remember these are the B-Happy vitamins