

PRODUCT INFORMATION

B-Plex

B-Plex combines the most important B vitamins at optimal dosages, along with vitamin C and MSM. The various B vitamins are crucial for many essential biological functions, including metabolism and cell renewal. Vitamin B complex provides energy for both body and mind.

Basic Facts

Vitamins are necessary for proper cell metabolism and perform catalytic functions without acting as building substances themselves. There are thirteen known vitamins, each of which fulfills certain functions.

Considering their solubility, vitamins can be subdivided into two groups: fat-soluble vitamins (A, D, E and K) and water-soluble vitamins (B vitamins and C).

Vitamins are essential for good health because without them the human body would simply cease to work. Insufficient levels of vitamins in the body can cause symptoms of deficiency, as well as disease. Vitamins, along with enzymes, are involved in many chemical reactions in the body. Vitamin B complex and vitamin C, for instance, play an important role in numerous metabolic processes and also in the detoxification of various environmental pollutants.

False nutrition, environmental influences and many other factors can result in an inability to obtain sufficient amounts of vitamins from the daily diet. Therefore, supplementing with a vitamin formula may not only be recommended but also simply a necessity.

The elderly frequently suffer from vitamin deficiencies because, with advanced age, the body is no longer able to absorb the vitamins contained in food due to the reduced functioning of various organs.

Effects

Vitamin B1 (thiamine) is responsible for energy production in the brain. A building block of enzymes, vitamin B1 regulates carbohydrate metabolism and has a pain-soothing and detoxifying effect on the nervous system. A vitamin B1 deficiency causes brain function to decrease and may lead to mental changes such as mood disorders, forgetfulness and confusion. Thiamine also influences the important neurotransmitter acetylcholine, which is responsible for healthy memory.

One of the tasks of **vitamin B2 (riboflavin)** is the renewal of glutathione, one of the cells' most important protective substances against free radicals.

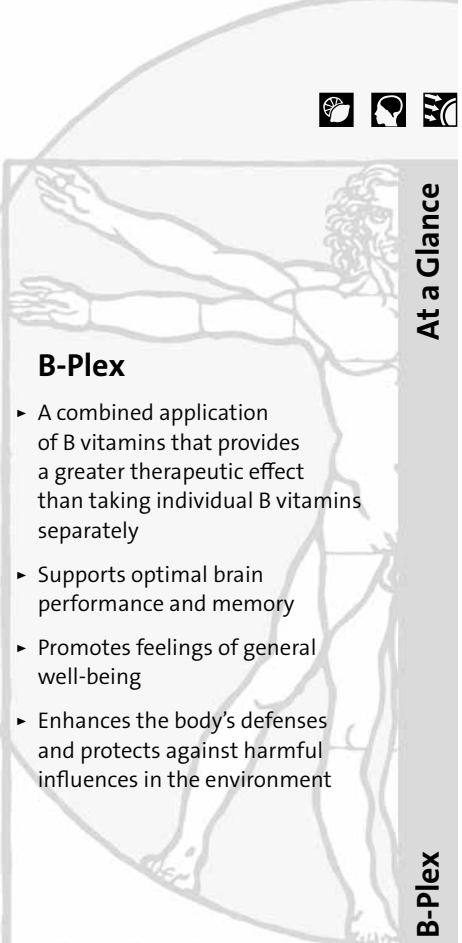
Apart from the production of energy, **vitamin B3 (niacin)**, along with other substances, is responsible for helping to maintain blood sugar levels within normal ranges, protecting against free radicals and for various detoxification functions in the body. Niacin also helps to maintain healthy cholesterol levels within normal ranges.

Vitamin B5 (pantothenic acid) is involved in the production of energy from fat and carbohydrates. It is also necessary for the production of certain hormones and the formation of red blood cells.

Vitamin B6 (pyridoxine) plays an important role in cell division and renewal and, therefore, is especially important during pregnancy. It is also involved in the production of amino acids and important brain neurotransmitters like serotonin, dopamine and noradrenaline. Therefore, vitamin B6 deficiency may lead to a variety of severe conditions, including mood disorders.

Vitamin B12 (cyanocobalamin) is an essential factor for normal growth, undisturbed hematopoiesis (formation of the cellular components of the blood) and the maturing of epithelial cells. It is an essential factor for energy production and supports healthy immune function. Vitamin B12 deficiency is one of the main causes of age-related diseases of the brain.

Biotin is involved in the processing of fat and amino acids from our food. Sufficient levels of biotin result in healthy nails and hair.



B-Plex

- ▶ A combined application of B vitamins that provides a greater therapeutic effect than taking individual B vitamins separately
- ▶ Supports optimal brain performance and memory
- ▶ Promotes feelings of general well-being
- ▶ Enhances the body's defenses and protects against harmful influences in the environment

At a Glance

B-Plex

Folic acid (vitamin B11) is necessary for DNA synthesis, and therefore for the development of cells. Folic acid has a positive effect on all rapidly dividing tissues and supports their regeneration. Therefore, a deficiency in folic acid primarily affects fast-growing tissue; consequently, it is critical to get enough folic acid during pregnancy. Along these lines, certain embryonic malformations (neural tube defects and spina bifida) can be associated with a maternal deficiency in folic acid. Therefore, supplementing with folic acid is recommended, particularly during pregnancy. Various studies have recently indicated that a deficiency in folic acid may also contribute to the development of numerous diseases, for example, atherosclerosis.

Vitamin C is capable of trapping free radicals in the body and rendering them innocuous. Thus, vitamin C increases the defenses of the body. It also enhances the formation and accumulation of collagen, an important protein in the body that is necessary for tissue formation.

MSM (methyl-sulfonyl-methane) is an important sulfur compound that plays a role in the synthesis of many proteins, including those found in the muscles, skin and hair.

Uses

Health and well-being: For preventative purposes and to increase feelings of general well-being. In cases of insufficient vitamins in the diet (e.g. dieting, malnutrition) or conditions with increased vitamin requirements (e.g. growth).

Pregnancy/lactation: A folic acid supplement may lower the risk of embryonic malformations. Moreover, supplementing with folic acid can help stimulate milk flow and increase milk production when breastfeeding.

Immune system: To enhance the defenses of the body. Suitable for the convalescent period following (wasting) diseases.

Brain performance: Preservation of optimal brain performance and memory.

Nervous system: In cases of compromised nervous system health (neuritides, neuralgias), folic acid serves to balance accompanying states of deficiency that may exist due to disease-related increased demand. It can also help to stimulate natural repair mechanisms.

Skin: To support the treatment of common acne and related inflammations of the sebaceous glands. Can also help stimulate the new formation of collagen.

Composition

One capsule contains:

Vitamin B1	50 mg
Vitamin B2 (riboflavin)	50 mg
Vitamin B5 (Pantothenic acid)	50 mg
Vitamin B6	10 mg
Vitamin B12	25 mcg
Biotin	1,5 mg
Folic acid	400 mcg
Niacin	12.5 mg
Niacinamide	87.5 mg
Vitamin C	125 mg
MSM	200 mg

in pharmaceutical grade. Other ingredients: dicalcium phosphate, microcrystalline cellulose, magnesium stearate, SiO₂.

Dosage

In normal cases, as a nutritional supplement and to prevent deficiencies, take 1 capsule 2 times a day with plenty of fluid.




Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

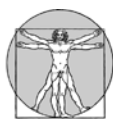
Store in a cool and dry environment, out of reach for children.

B-Plex Product Groups

B-Plex can be found in the following product groups (www.vitabasix.com):

-  **Vitamins & Food Supplements**
-  **Brain & Memory**
-  **Immune System, Cell Protection & Antioxidants**

Manufacturer:



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Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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