



Vitamin B75 Complex

Nature's Harmony® Vitamin B75 Complex contains all the B vitamins in a high-potency formula for maximum benefit. It contains 75 mg each of B1 (thiamine mononitrate), B2 (riboflavin), B3 (niacinamide), B6 (pyridoxine), pantothenic acid, choline bitartrate, inositol and paba (p-aminobenzoic acid); 75 mcg each of B12 (cyanocobalamin) and biotin; and 1 mg of folic acid.

PRODUCT CODE: 400514

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps the body metabolize proteins, fats and carbohydrates. Helps maintain good health.	Tablet	Take 1 tablet daily with a meal, or as directed by a health care practitioner.

DESCRIPTION:

Although each of the B vitamins has its own unique role to play, as a group they work together synergistically. The B vitamins are used in almost all parts of the body. They are involved in the metabolism of carbohydrates, which provides energy, and fats and proteins, which helps maintain a healthy nervous system. The B vitamins are also essential for maintaining healthy skin, hair, eyes, mouth and muscle tone in the gastrointestinal tract. The addition of the lipotropic factors choline and inositol promotes normal liver function and aids in the transport of fats from the liver.

Recommended Daily Allowance: Dosage varies, depending on age.

Food Sources: Whole grains, legumes, brewer's yeast, green leafy vegetables, liver, meat, poultry, fish, eggs, nuts.

Causes of Deficiency: Diet of refined foods, excessive consumption of carbohydrates and sugars, caffeine, chronic alcohol use, stress, environmental toxins, antibiotics.

Symptoms of Deficiency: Nervousness, irritability, heart palpitations, indigestion, chronic fatigue, inability to concentrate, insomnia.

Complementary Nutrients: The B vitamins work synergistically and should be taken together.

HOW IT WORKS:

Vitamin B complex is made up of a group of water-soluble vitamins that are utilized as coenzymes in the body. Because of its well-documented involvement in the nervous system, it is often used to treat psychiatric symptoms such as mild depression, anxiety, nervousness and poor memory. The B-complex vitamins may also help slow down the effects of aging, since they are involved in preventing reactions related to the gradual wear and tear associated with the aging process. Because the B-complex vitamins are linked to all kinds of stress, our requirements for them go up when we are under emotional, physical or spiritual stress. In addition, the B vitamins may play a role in supporting the immune system because they are involved with the enzymes that make white blood cells and antibodies, which play a part in our defense system.



DID YOU KNOW...

The B vitamins control the release of gastric juice, thus helping you to digest and absorb more nutrients from the food you eat.

Vitamin B75 Complex

RESEARCH:

B-complex vitamins are supported by scientific research that shows that the levels of B vitamins in our adrenal glands are depleted during times of stress. Taking a B-complex supplement supports the adrenal glands and helps us to deal with daily stress.

Research shows that the release of glycogen for energy from the liver and muscles is facilitated by vitamin B6.

SIDE EFFECTS:

On rare occasions, high doses of vitamin B6 (over 250 mg/day, but usually only chronic use over 2,000 mg/day) have resulted in neurotoxicity and photosensitivity.

There is no "niacin flush" associated with the niacinamide form of vitamin B3; however, a sensitive individual may experience dizziness or faintness while getting up from a sitting position.

Riboflavin may cause urine to change to a bright yellow colour.


INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner prior to use if pregnant, breastfeeding or taking sulfonamides. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use.

OTHER CONSIDERATIONS:

Pregnant women and breastfeeding mothers should take B complex only under the supervision of their health care practitioner.

LABEL:



Vitamine B75
Complexe B dose forte

Aide au corps à métaboliser les protéines, les gras et les glucides

100 comprimés

Usage recommandé: Aide au corps à métaboliser les protéines, les gras et les glucides, Aide au maintien de la bonne santé.

Dose recommandée (adultes): Prendre 1 comprimé par jour avec un repas, ou selon les directives du médecin ou d'un praticien de soins de santé.


Chaque comprimé contient:

Vitamine B1 (thiamine mononitrate)	75 mg
Vitamine B2 (riboflavine)	75 mg
Vitamine B6 (pyridoxine HCl)	75 mg
Vitamine B12 (cyanocobalamine)	75 mcg
Niacinamide	75 mg
Acide pantothénique (d-pantothénate de calcium)	75 mg
Biotine	75 mcg
Acide folique	1 mg
Choline (bitartrate de choline)	75 mg
Inositol	75 mg
PABA (acide para-aminobenzoïque)	75 mg

Ingédients non médicinaux: cellulose microcristalline, croscarmellose de sodium, hyromellose, maltodextrine, phosphate dicalcique dihydraté, polysorbate 80, stéarate de magnésium, triacétine.

Risk Information: Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte ou allaitante, ou si vous prenez des sulfamides. Une hypersensibilité (par ex. une allergie) pourrait se manifester; dans un tel cas, discontinuer l'utilisation. Ce produit ne contient pas d'ingrédient laitier, gluten, soya, ni colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT SEC ET FRAIS. GARDER HORS DE PORTÉE DES ENFANTS.



Vitamin B75
High Potency
Vitamin B Complex


Helps the Body to Metabolize Proteins, Fats, and Carbohydrates

100 Tablets

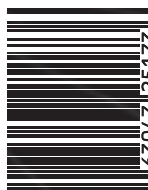
Actual Size
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

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