



## Vitamin B Complex (Water Soluble Nutrients)

GNLD's Products -

### Vitamin B Complex Sustained Release.

A complete B Complex supplement containing all 11 factors in balanced ratios as they occur in nature. To avoid wastage of nutrients that are not immediately required, GNLD has included Sustained Release technology to ensure a slow, monitored release of Vitamin B into the system. **Dosage: 1 tablet daily.**

**Complete:** Contains all 11 members of the essential vitamin B family and in addition supplies all the naturally occurring nutritional factors found in vitamin B rich foods.

**Dosage: 1 tablet daily.**

**Each tablet contains:**

Vitamin B1	50mg
Vitamin B2	50mg
Niacinamide	200mg
Vitamin B6	50mg
Folic Acid	400µg
Vitamin B12	200µg
Biotin	300µg
Pantothenic acid	200mg
Choline	100mg
Inositol	100mg
PABA	50mg

### Vitamin B Complex Sustained Release

#### What it can do for you.

- Essential in the conversion of carbohydrates. Converts carbohydrates into glucose, which the body burns into energy thereby providing immense energy and vitality.
- Functions with other substances to metabolise and properly utilise carbohydrates, fats and proteins. Helps lower Blood Cholesterol levels. Used in treatment of Thrombosis.
- Assists in supporting healthy homocysteine levels and heart health. High Homocysteine levels can lead to heart disease, cancer and degenerative ageing diseases.
- Helps in the formation of red blood cells, thereby preventing anaemia, thereby also aiding in the prevention of anaemia symptoms such as fatigue, irritability, depression. ... Works hand in hand with Iron... See Iron.
- VB Keeps muscles and heart functioning normally. Relieves symptoms of angina.
- Also aids in prevention of premature ageing and extends cell lifespan.
- Maintains a healthy Nervous System. Helps prevent various nervous conditions such as nervousness, shingles, and nervous breakdowns. Essential for alleviating Mental and Physical Stress and Pressure.
- Improves concentration, memory and balance.
- Vital for Mental Health - Improves your Mental Attitude. Assists in the prevention and treatment of depression, schizophrenia, paranoia and most mental illnesses. Alleviates delinquency tendencies and bad behaviour in teenagers. Alleviates pellagra and also symptoms of vertigo in Meniere's disease
- Reduce night muscle spasms, leg cramps, hand numbness, certain forms of neuritis in the extremities.



- Helps fight airsickness, seasickness, morning sickness, nausea, vomiting, headaches and migraines... and pain anywhere in the body... may be used as a pain reliever.
- Possibly prevent certain liver problems and protect liver against cirrhosis. Ward off hangovers.
- Neutralise the craving for liquor and might decrease the dependency on drugs, smoking etc.
- Promotes Growth and reproduction. Aids in healthy appetite esp. in children.
- Promotes healthy skin, (especially a form of acne caused by stress, eczema) nails and hair. Keeps hair from turning grey and helps in preventative treatment for baldness.
- Aids in a healthy digestive system, alleviates gastrointestinal disturbances.
- Works as a natural diuretic and relieves and prevents constipation. Ease some attacks of diarrhoea.
- Helps eliminate sore mouth, lips, and tongue. Relieves dental postoperative pain. Aids in treatment of herpes zoster. Help eliminate canker sores and often-bad breath.
- Benefits vision, alleviate eye fatigue.
- Aids in the treatment of Multiple Sclerosis.
- The various B vitamins are important for general well-being and are essential for many body functions. Vitamins of the B complex group are important co-factors in the metabolism of the food we eat, help maintain healthy nerve function, are involved in the manufacture of red blood cells and contribute to healthy skin and hair. B vitamins are water-soluble and are not stored, so the body needs a daily supply. Processed food that has been refined, canned or overcooked will have some or most of its B vitamins destroyed.

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