

INDIVIDUALISED B VITAMINS

EACH OF THESE VITAMINS HAVE BEEN ISOLATED AND IS PART OF THE CHAIN OF 17 B-VITAMINS

You are only as healthy as your cells – the core of your body's make-up. Fortunately help is at hand through a rapidly expanding group of natural vitamins called the B-group vitamins. The group of B vitamins is a collection of essential nutrients, which work in closely related ways in the body.

All of the B-group complex family are water-soluble and easily lost through cooking, refining and food processing. As rice (particularly brown rice) is a concentrated source of natural B-complex, you should save and use the cooking water rather than throw it away. The B-group vitamins occur in different forms. They are found in food sources such as vegetables and animal foods, vegetable proteins, Brewer's yeast, Torula yeast and also in wholegrain cereals.

B-group vitamins are vital for converting carbohydrates into glucose and food into energy. They are also vital for the working of the central nervous system and are recommended for those working under pressure. When the body has a deficiency in B-vitamins, carbohydrates do not burn fully, but rather produce "smoke" so to speak. The symptoms are nervousness, constipation, fatigue and indigestion.

Many of the B-group vitamins are concerned with various processes in the liver, eyes, skin and hair.

B vitamins have many functions, which include helping to offset the damaging effects of chronic and acute stress, allergies, chronic fatigue, lowering of Cysteine levels, preventing Atherosclerosis and assisting the immune system.

Being water-soluble, the B-vitamins in raw vegetables readily dissolve once they are cooked or even soaked in water.

Special combinations of nutrients can actually improve your mood. LifeForce is pleased to provide natural elements that can enhance mood and improve your outlook on life. There's no smarter way to put a smile on your face!

When you are stressed, your body burns up a considerable amount of vitamin B. In such times, your body requires vitamin B supplementation.

BENEFICIAL EFFECTS:

- ✓ B-group vitamins are helpful in strengthening the nervous system.
- ✓ Eating foods rich in or supplementing with B vitamins (such as individualized B vitamins, Liver or Torula yeast) can help people under physical or emotional stress.

- ✓ The B vitamins can prove most beneficial for individuals with weak digestion, poor appetite, constipation, fatigue, anemia and migraines.
- ✓ Certain B vitamins can prevent hair from turning grey.

WHO SHOULD SUPPLEMENT WITH B VITAMINS?

Anyone who is not eating a healthy balanced diet or shows any of the general symptoms of stress may benefit from supplementing with a B-complex or individualized B vitamins.

- Fatigue (tiredness)
- Loss of appetite
- Lack of concentration
- Lethargy
- Weight loss
- Recurrent colds and flu
- Other infections
- Weak digestion
- Poor appetite
- Constipation
- Anemia
- Migraines

LifeForce's individualized B vitamins are essential for stress recovery and immune function strengthening. They are ideal for those who are very busy, stressed or facing many demanding and challenging tasks.

DOSAGE

1-2 tablets, 2 to 3 times a day, 20 minutes after meals.

FUNCTIONS OF COMPONENTS OF THE INDIVIDUALISED B VITAMINS

VITAMIN B15 (Pangamic Acid)

Vitamin B15 is an antioxidant and the antioxidant action is often improved when taken together with vitamins A and E.

What it can do for you:

- ✓ Extends cell lifespan
- ✓ Neutralizes the craving for liquor
- ✓ Wards off hangovers
- ✓ Speeds recovery from fatigue
- ✓ Lowers blood cholesterol levels

- ✓ Protects against pollutants
- ✓ Aids in protein synthesis
- ✓ Relieves symptoms of Angina and Asthma
- ✓ Protects the liver against Cirrhosis
- ✓ Stimulates immunity responses

Personal advice:

Most diets would benefit from B15 supplementation, especially residents of big cities and high-density pollution areas. If you are an athlete (or just want to feel like one) take 50mg in the morning after breakfast and another 50mg after supper.

VITAMIN B1 (Thiamine)

Vitamin B1 must be replaced daily. B vitamins are synergistic – they are more potent when used with other B vitamins than when used on their own. Vitamin B1, B2 and B6 intake should be equally balanced to work optimally. When the formula contains anti-stress Pantothenic acid (B5), Folic Acid and vitamin B12, it works even more effectively. The need for B1 increases during illness, stress and surgery. It is known as the morale booster vitamin because of its beneficial effects on the nervous system and mental attitude. B1 also has a mild diuretic effect.

What it can do for you:

- ✓ Promotes growth and aids digestion (especially the metabolism of carbohydrates)
- ✓ Improves mental attitude and keeps the nervous system, muscles and heart functioning normally
- ✓ Helps motion sickness
- ✓ Relieves dental and post operative pain
- ✓ Aids in the treatment of Herpes Zoster

Personal advice:

If you are a smoker, drinker or heavy sugar consumer, you will need more vitamin B1. Pregnancy, breast-feeding or being on the pill also increases your need for this vitamin.

VITAMIN B2 (Riboflavin)

Vitamin B2 (also known as vitamin G) is easily absorbed by the body, but needs to be replaced regularly through foods or supplements. The amount excreted depends on bodily requirements and may be accompanied by protein loss. B2 is the most common vitamin deficiency. Unlike vitamin B1, vitamin B2 is not destroyed by heat, oxidation, or acid.

What it can do for you:

- ✓ Promotes healthy skin, nails and hair
- ✓ Helps to eliminate sore mouth, lips and tongue
- ✓ Aids in growth and reproduction
- ✓ Benefits vision and prevents eye fatigue
- ✓ Functions together with other B-complex to metabolize fat, proteins and carbohydrates and thereby helps to release energy from foods

Personal advice:

If you are pregnant, breast-feeding or on the pill, you have an increased requirement for this vitamin. If you eat very little red meat or dairy products, you should increase your daily intake. There is a strong likelihood of deficiency of this vitamin if you are on a prolonged restricted diet or have ulcers or diabetes. All stress conditions require an additional B-complex intake. Your needs are also increased after burn wounds.

VITAMIN B5 (Calcium Pantothenate)

This vitamin is essential for conversion of fat and sugar into energy. Vitamin B5 (Pantothenic Acid), vitamin B2 (Riboflavin) and vitamin B12 (Cobalamin) elevate the antibody responses and thereby lower allergies. B5 is vital for the proper functioning of adrenal glands, which help to “key” your body to an appropriate stress response posture. Vitamin B5 is necessary for the synthesis of antibodies and for the utilization of PABA and Choline. Additional nutrients known to stimulate the immune system and to counteract yeast include: vitamin B3 (Niacin/Nicotinamide), vitamin B1 (Thiamine), Choline and Inositol.

What it can do for you:

- ✓ Helps in cell building and in maintaining normal central nervous system growth and development
- ✓ Aids in the healing of wounds
- ✓ Fights infection by building antibodies
- ✓ Treats postoperative shock
- ✓ Prevents fatigue
- ✓ Reduces the adverse and toxic effects of many antibiotics

Personal advice:

If you frequently experience tingling in your hands and feet, try increasing your Pantothenic Acid intake in combination with other B vitamins. Pantothenic Acid can provide a defense against a stress situation that you foresee or in which you are involved.

A daily dosage of 1,000mg has been found to be effective in reducing the pain in certain cases of Arthritis.

BIOTIN (Vitamin H)

Biotin is required for the synthesis of ascorbic acid. It is essential for the normal metabolism of fat and protein. Biotin is a B vitamin and works synergistically with vitamins A, B2, B3 and B6 in maintaining a healthy skin. Biotin is usually measured in micrograms (mcg). Biotin can be synthesized by intestinal bacteria. Raw eggs prevent the absorption of Biotin in the body.

What it can do for you:

- ✓ Biotin can help prevent conversion of the yeast form of Candida to its fungal form
- ✓ Under ideal conditions, the friendly bacteria in the intestines manufacture Biotin.
- ✓ Over time a deficiency may arise from the average person's exposure to antibiotics, particularly sulphur drugs
- ✓ Biological deficiencies of Biotin reduce human production of antibodies, resulting in reduced resistance to disease
- ✓ A Biotin deficiency lowers your resistance to stress, diminishes your reproductive ability and increases cholesterol synthesis
- ✓ Biotin crushed and mixed with olive oil (a source of oleic acid) seems to help prevent the conversion of proliferating yeast to the Mycelia form of spreading and penetrating fungus
- ✓ Helps prevent hair turning grey and can be used as a preventative treatment for hair loss
- ✓ Eases muscular pains
- ✓ Alleviates Eczema and Dermatitis
- ✓ Helps to keep Candida under control
- ✓ Reduces stress

Dosage:

6 tablets crushed and mixed with a ¼ teaspoon of olive oil, on an empty stomach after you have drunk hot water. Continue for three months and thereafter take 3 tablets in the same manner as above.

Personal advice:

You will probably need to supplement with Biotin if you often drink eggnog made with raw eggs. If you are on antibiotics or sulphur drugs, be sure to get at least 25mcg daily. Balding men might find that a Biotin supplement may keep their hair there for longer.

PABA (Para-amino Benzoic Acid)

PABA helps form folic acid and is important in the utilization of protein. PABA can be synthesized in the body, but no RDA has yet been established. It has important sun-screening properties.

What it can do for you:

- ✓ Used as an ointment, it can protect against sunburn
- ✓ Reduces the pain of burns
- ✓ Keeps the skin healthy and smooth and can delay wrinkles
- ✓ PABA helps in the assimilation (and therefore the effectiveness) of Pantothenic acid (B5) in restoring the natural color to your hair

Personal advice:

Some people claim that the combining of folic acid and PABA with vitamin B5 has returned their graying hair to its natural color. It has worked on animals, so it is certainly worth trying for anyone looking for a natural alternative to hair dye. For this purpose a viable regimen would be to take 1,000mg (time release) for six days a week. If you tend to burn easily in the sun, use PABA as a protective ointment. Many Hollywood celebrities use PABA to prevent wrinkles. It doesn't totally remove wrinkles, but is certainly seems to soften them and keep them at bay. If you are taking penicillin or any sulphur drug, your PABA intake should be increased through natural foods or supplementation.