



B STRESS FREE

Stressed? Depressed? Enerex B Stress Free offers a scientifically researched ratio of the eight stress-busting B Complex Vitamins to help you combat crammed schedules and challenging life situations with more ease and calm. It offers advanced forms of B1, B2, B3, B5, B6, Biotin, Folic Acid and B12, and the important co-factor to these vitamins called PABA. It also adds a therapeutic dose of Vitamin C (1000 mg), vital to keep spirits and energy high during increased stress; and raw, green superfoods (Organic Alfalfa, Barley Grass and Spirulina) provide a whole-food component and extra nutrients to increase energy and overall well-being.

NPN/EN: 80031019

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OVERVIEW

Stress isn't an illness; it's an important part of life. And it isn't all bad; occasional stress can be a benefit to your health, keeping your immune system stimulated and alert, and motivating you to make changes. It's the body's response to being over-stressed that can hurt you, not only making life miserable, but creating a range of health problems.

Stress is not just mental; it's very physical. Chronic or excessive stress can suppress or overwhelm your immune system, increasing your vulnerability to illness and infections. It can cause conditions like arthritis, lupus, herpes and HIV to flare up, muscles and joints to ache, and the digestive system to become imbalanced. It may contribute to sleep disorders, obesity, fibromyalgia; and it hinders the healing process from injuries and disease.

Superheroes to conquer stress symptoms

Most of us have heard that the two most important vitamins to help combat stress are Vitamin B and Vitamin C.

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Vitamin B Complex: The B family is comprised of: B1, B2, B3, B5, B6, B12, Folic Acid and Biotin. They work together, and because of their interdependence they should be taken as a complex instead of individually. They are involved in many of the body's most basic and complex functions — critical in the production and release of energy, the function of the central nervous system, and indirectly with the endocrine (hormonal) system that has a major impact on your reactions to stress.

Vitamin C: The adrenal gland, a major player in your body's resistance to stress, has one of the highest concentrations of Vitamin C among the organs. Vitamin C is believed to play a vital role in the function of the adrenal gland, and has been shown to help ease increases in your stress hormone (cortisol) and blood pressure that happen during stress. It is also vital to keep your immune system strong while under stress.

Enerex B Stress Free represents the most advanced form of B Complex and Vitamin C available. The ratios of the B Vitamin Complex are based on a major scientific study and are a key to the stress-balancing performance of this product, as is the high amount (1000 mg) of Vitamin C included. It provides:

- 20 mg of Thiamine (Vitamin B1),
- 10 mg of Riboflavin (Vitamin B2),
- 60 mg of Niacin (Vitamin B3),
- 100 mg of Pantothenic Acid (Vitamin B5),
- 20 mg of Pyridoxine (Vitamin B6),
- 150 mcg of Biotin,
- 1000 mcg of Folic Acid (Vitamin B9),
- 100 mcg of Cyanocobalamin (Vitamin B12).
- 50 mg of the important co-factor helper to these vitamins called PABA (Para-Aminobenzoic Acid).

How much is the right amount?

Up until now, most Vitamin B Complex supplements, meaning those that combine the eight B vitamins, were based on an arbitrary amount — such as “B Complex-50” providing 50 mg or 50 mcg of each of the B members.

This practice began many years ago when clear knowledge of the right proportions of each B vitamin to the other was not fully understood. While this provides high amounts of some of the B vitamins in relation to their levels required by the body, it also provides less than the minimum recommended daily amount (RDA) of others. For example, the

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RDA for Folic Acid is 400 mcg, so a 50 mcg formula would only provide 12.5% of the RDA. The RDA for Biotin is 150 mcg, so a 50 mcg formula would provide only 33.3% of the RDA.

Enerex B Stress Free contains a full 1000 mcg of Folic Acid because it is a nutrient specifically effective in managing stress, and 150 mcg of Biotin because it is a vitamin closely linked to energy metabolism, which is vital during stress recovery.

Enerex B Stress Free adds Greens

The addition of raw green super foods including Organic Alfalfa, Organic Barley Juice Powder and Spirulina offers whole-food plant nutrients – enzymes, vitamins, minerals, amino acids, essential fatty acids and phytonutrients – to help balance the high amounts of B and C Vitamins and offer additional nutrients.

Four stages of stress

During a stressful situation, the hormone cortisol is released from your adrenal gland, responsible for psychological stress. You may go through four stages of stress before it becomes disease:

1. **“Fight or flight”**. This is the time of irritability, poor sleep quality, and low productivity.
2. **Anxiety**. When cortisol is too high for too long, your adrenal glands start to function poorly so you feel tired, anxious and panicky. This begins to cause free radical damage.
3. **Exhaustion**. When your adrenals are no longer able to send enough cortisol, you no longer have resistance to cope with stress. Free radical buildup starts causing an inflammatory state.
4. **Illness or disease**. Free radicals and the resulting inflammation damage your cardiovascular, immune and nervous systems, which can create everything from susceptibility to colds and other viruses to autoimmune disorders, chronic fatigue, cardiovascular disease and even cancer.

Have you reached your limit?

Stress can lead to poor nutrition. During extremely busy or high stress times, it is common to miss out on proper nutrition because you reach for more convenient (and often more processed) foods. Just when your body needs more nutritional support, you provide it with less.

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If you're at your threshold – living in an unhealthy environment, with an unbalanced diet, little exercise, and genetic predisposition to certain diseases – and you are experiencing high stress, try to prevent your body from going past its peak and becoming ill by taking supplements. You may need higher amounts of nutrients than foods can give to help support your immune system and organs during challenging times.

FEATURES

Vitamin B Complex

Stress, and the increased metabolic demands that it creates, increases your need for B vitamins to support the body during challenging times. It should be noted that most B vitamins are not stored in the body so need to be replenished daily from food. (Vitamin B12, Thiamin, Niacin, Riboflavin, Pantothenic acid, Biotin, Folic Acid and Vitamin C are all classified as water-soluble, meaning they are excreted in urine and not stored for future use).

Enerex B Stress Free is formulated to take into account the ratios between the different B complex members based on the 15 year SONA study undertaken by the University of Alabama Medical School.

The SONA Study is the longest running study with the most comprehensive data to determine the level of all nutrients that the body needs daily in order to obtain optimal health. It is 49,000 pages long, took 15 years to complete (from the 1970s to 80s), and included thousands of healthy people. SONA values (Suggested Optimal Nutritional Allowance) vary greatly to RDAs (some being 20 times that of recommended daily allowances), which are based on more basic nutrient amounts required to simply prevent diseases, and was calculated in the 1940s.

The SONA Study was conducted by the University of Alabama School of Medicine's Dr. Cheraskin and Dr. Ringdorf, funded by the US Senate. Many of the articles on vitamins, minerals and amino acids published over the past 30 years have come as a result of this study.

How does this relate to B Stress Free?

This study had special emphasis on the particular B vitamins that are directly effective in stress management such as Folic Acid, Vitamin B5 and Vitamin B12. These are increased

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in Enerex's formula. The study showed that Vitamin B3 in the form of the natural Niacin is preferable to the synthetic Niacinamide. (Unlike Niacinamide, Niacin helps to lower cholesterol and dilate blood.) B Stress Free contains Niacin, and is one of the very few formulas to provide an ideal 10 to 1 ratio between Folic Acid and Vitamin B12.

INGREDIENTS

EACH TABLET CONTAINS:

Medicinal Ingredients:

VITAMINS

Vitamin C (Ascorbic Acid)	1000 mg
Thiamine (Vitamin B1) Hydrochloride	20 mg
Riboflavin (Vitamin B2)	10 mg
Niacin (Vitamin B3) Nicotinic Acid	60 mg
Pantothenic Acid (Vitamin B5) Ca-d-Pantothenate	100 mg
Vitamin B6 (Pyridoxine HCl)	20 mg
Biotin (Ascorbic Acid)	150 mcg
Folate (Vitamin B9) Folic Acid	1000 mcg
Vitamin B12 (Cyanocobalamin)	100 mcg

Additional Ingredients:

Para-Aminobenzoic Acid (PABA)	50 mg
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RAW SUPERFOODS**

Organic Alfalfa (<i>Medicago sativa</i> , leaf)	75 mg
Organic Green Barley Juice Powder (<i>Hordeum vulgare</i> , grass)	75 mg
Spirulina Blue-Green Algae	75 mg

Non-Medicinal Ingredients:

croscarmellose sodium, vegetable magnesium stearate, microcrystalline cellulose, silicon dioxide, vegetable stearin, vegetable cellulose complex.

There are no other ingredients added to this formula.

****Enerex B STRESS FREE is tested and verified to be gluten free.**

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**Directions:**

ADULTS: Take 1 tablet daily with food or as directed by a health care practitioner. NOTE: This formula contains Niacin which may cause a mild, temporary "Niacin flush." Vitamin C in the formula helps to reduce the warm, flushing reaction. It is important to take B Stress Free with a meal; the presence of food in the stomach will reduce the flushing effect.

Don't know what each B vitamin does? Here is more information:**Thiamine (Vitamin B1)**

Vitamin B1 has been called the "morale vitamin" because of its effect on maintaining a healthy mental attitude due to its link to the nervous system. It therefore helps you to cope with stress.

Vitamin B1: can help

- Can help stabilize mood.
- improve memory and concentration;
- is involved in some key metabolic reactions, in nervous tissue, in the heart, in the formation of red blood cells, and in the maintenance of muscle.

One of the main tasks of Vitamin B1 is to break down carbohydrates from food and convert them into glucose for energy, which in turn increases your get-up-and-go; it therefore also has a role in helping to prevent and control diabetes. It may also help to treat anaemia, and improve mental agility and IQ.

Many adults are deficient in Vitamin B1/Thiamine because caffeine, stress, fever and sugar deplete it; and also drinking any amount of alcohol interferes with the absorption and use of Vitamin B1 (it interferes with all nutrients, but especially this vitamin). Deficiency symptoms include fatigue, muscle weakness and mental confusion.

Thiamine is found in whole grain products, cereals, legumes, brown rice, beans, egg yolks, brewer's yeast, fish, corn and melon in addition to supplements.

Riboflavin (Vitamin B2)

Riboflavin is essential to the body for many functions including thyroid hormone production, which is responsible for increasing metabolism and providing energy. You may have increased need for it during prolonged stressful situations.

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Vitamin B2 helps the body produce immune cells to fight infection, and along with iron, helps build red blood cells to transport oxygen to all cells. Riboflavin/B2 also converts Niacin and Vitamin B6 into active forms so the body can use them effectively. As an antioxidant, it helps other nutrients to repair and maintain tissue, and is vital for clear skin and wound healing, nerve tissue, eye health, vitality and emotional balance. It may also alleviate stress-induced migraines (along with Vitamin B6). Riboflavin naturally occurs in foods in two coenzyme (helper) forms that, like Thiamine, serve to activate enzymes involved in making energy from the breakdown of carbohydrates, proteins and fats in foods.

Riboflavin is the most common vitamin deficiency. Riboflavin is destroyed by light, water when cooking foods, sulfa drugs, estrogen, and alcohol consumption. Deficiency symptoms include cracking and sores in mouth corners, increased sensitivity to light, itchy, burning, teary eyes, and peeling skin around the eyebrows and nose.

Riboflavin, also known as Vitamin G, is in dairy products, avocados, mushrooms, kidney, leafy green vegetables and whole grains in addition to supplements.

Niacin (Vitamin B3)

Vitamin B3 plays a major role in keeping the body's nervous system and digestive tract functioning properly, and in overall mental well-being. Niacin also helps the body make progesterone, testosterone and stress-related hormones. It is therefore paramount for reduction of stress symptoms.

In addition to helping the body to convert food (carbohydrates) into fuel that is used to produce energy, like most B vitamins, Niacin also helps improve circulation, and it has been shown to suppress inflammation. Niacin or Vitamin B3 also helps more than 50 enzymes to function properly; it enables blood to circulate more efficiently through arteries, lowers LDL (bad) cholesterol, and may help prevent plaque from forming on artery walls.

A deficiency in B3 may cause symptoms of depression, irritability, stress and mood disturbances. And according to renowned Canadian orthomolecular physician Dr. Abram Hoffer, who took high doses of Niacin each day, it is also an anti-aging vitamin that sharpens mental alertness.

Niacin is found in meat, eggs and legumes in addition to supplements.

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NOTE: The Niacin in this formula may cause a transient "Niacin flush": a warm feeling and a red flushing that may spread over the extremities (sometimes accompanied by itching), and the heart may beat more rapidly. This harmless phenomenon, which lasts for 20 to 30 minutes, is due to the increased blood flow to the extremities due to Niacin-induced histamine release. The Vitamin C in **Enerex B Stress Free** helps to reduce the flush reaction. It is also important to take B Stress Free with a meal because the presence of food in the stomach will reduce the flushing effect.

Pantothenic Acid (Vitamin B5)

Sometimes called the "stress vitamin," Pantothenic Acid helps the adrenal gland to make hormones required to combat stress.

Researchers of one study suggested that in both rats and humans, doses of Pantothenic Acid/B5 increased the ability to withstand stress, which they felt may be the reason that this vitamin has been said to increase lifespan. The study explained that the adrenal glands secrete corticosterone and other hormones assisting the body to withstand stress, and Pantothenic Acid may assist the adrenals, and increase their energy, even if the adrenals lack sufficient adrenal hormones during stress. Pantothenic Acid appears to affect all organs' ability to handle stressors, both emotional and physical. And since stress has been shown to be a factor in disease and pre-mature aging, it stands to reason that Vitamin B5 may help prolong life.

Pantothenic Acid's major role is as a component of Coenzyme A, involved in many chemical reactions essential to life including changing sugars or starches into energy, and helping to metabolize fats from foods so that cells can make fatty acids that are used for cell walls. It also helps to make red blood cells, and to make amino acids, which are the building blocks of protein. Vitamin B5 might also be useful in treating rheumatoid arthritis, and to lower cholesterol and triglyceride levels.

Pantothenic Acid is found in mushrooms, eggs, fatty fish and avocados in addition to supplements.

Vitamin B6 (Pyridoxine HCl)

Vitamin B6, along with Folic Acid and Vitamin B12, plays a major role in mental function. Vitamin B6 can help the body manufacture neurotransmitters, such as serotonin, which aids in the body's ability to cope with depression, stress and anxiety.

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These three B vitamins may reduce levels of homocysteine, a potentially toxic amino acid that is associated with an increased risk of Alzheimer's disease. Vitamin B6 may also help boost the immune system during times of anxiety. Some research has found links between Vitamin B6, Folic Acid and Vitamin B12 deficiencies – and high levels of homocysteine – with mood disorders.

Biotin (Vitamin B7)

Biotin, also called Vitamin B7 and Vitamin H, plays an important role in energy metabolism, and helps to maintain normal cell growth and development. It can help balance moods, assisting nervous system functioning and, in turn, stabilize stress.

According to the University of Maryland Medical Center, Biotin deficiencies are fairly rare, but can cause serious symptoms such as hair loss, skin problems, fatigue, insomnia and depression.

Biotin is available in foods such as egg yolks, sardines, nuts, cauliflower and mushrooms in addition to supplements.

Folic Acid (Vitamin B9)

Folic Acid or Vitamin B9 is an essential vitamin needed for energy. A deficiency in Folic Acid can create symptoms including fatigue and depression, which may produce higher levels of stress.

Optimizing Folic Acid (together with Vitamin B12) can substantially benefit cognitive ability and help maintain function of nerves. It is crucial for the proper function of metabolic pathways, especially those involved with the healthy function of nerves. Regular intake of Folic Acid, along with Vitamin B12, has been shown to improve memory in adults under stress. (Vitamin B12 and Folic Acid work as a nutrient team so should be taken together.)

And, as you may know, nursing mothers should take higher levels Folic Acid (and Vitamin B12) to support optimal mental skill development in their child. A study with infants aged 12-18 months found that as Folic Acid levels increased, so did scores on the mental development index. On the other hand, if scores for homocysteine went up, then scores for mental development went down.

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Folic Acid is also needed to metabolize homocysteine. If homocysteine builds up in the blood, it impairs the nervous system's optimal functioning, and may eventually cause certain types of disease. Even when blood levels of Folic Acid appear normal in standard tests (with no signs of anemia), homocysteine can be elevated, yet by taking enough Folic Acid, homocysteine levels can be normalized, and healthy function improved. Folic acid is especially important during aging, as elevations in homocysteine impair brain function in the elderly.

Research has shown that folic acid has a role in the prevention of cervical, esophageal, stomach and pancreatic cancer, and is particularly helpful to reduce colon cancer in people with inflammatory bowel conditions and ulcerative colitis. Folic Acid is involved in detoxification of the body, and may play a role in reducing cases of autism due to this detox capability. Deficiencies of Folic Acid are quite common: tobacco, alcohol, and many medications (including methotrexate, phenytoin, trimethoprim and birth control pills) decrease the level of Folic Acid in the body.

Folic Acid is in greens, beans, nuts, and seeds in addition to a supplement.

Vitamin B12 (Cyanocobalamin)

Vitamin B12 is an energy booster. In fact, a deficiency of Vitamin B12 can cause symptoms ranging from mild fatigue to exhaustion. Vitamin B12 could be called the "memory vitamin" because the organ that depends on it the most is the brain. B12 deficiencies may cause mental confusion, low energy, and other neurological changes that make it difficult to cope with stress.

This vitamin is important to help create the sleep hormone melatonin and the mood hormone serotonin.

North American studies show that B12 deficiency is exceedingly common, even though the average person eats a significant amount of meat (its highest source), according to Britain-based nutritional scientist Patrick Holford, well respected for his books on mental health. He says studies show that vegans and dieters who don't supplement with Vitamin B12 have much worse moods and memory. Regular intake of B12 and Folic Acid has been shown to improve memory particularly in adults under stress. (Vitamin B12 and Folic Acid work as a nutrient team so should be taken together.)

Vitamin B12 is needed to metabolize methylmalonic acid. If methylmalonic acid builds up in the blood it handicaps the nervous system, and may eventually be a factor in

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diseases such as Alzheimer's. Vitamin B12 is especially important during aging, as elevations in methylmalonic acid impair brain function in the elderly.

Holford states, "The older a person gets, the less they absorb B12, and in studies, 2 out of 5 people over 60 have insufficient B12 in the blood to prevent accelerated brain shrinkage." Low B12 is also directly linked to poor cognitive performance in adults.

B12 is rich in meat, fish, eggs, and dairy in addition to a supplement.

PABA (Para-Aminobenzoic Acid)

PABA is a naturally-occurring, water-soluble compound which is found in many foods as a cofactor, or helper, of the B vitamins in those foods (and is particularly associated with Folic Acid). Though PABA has vitamin-like qualities, it isn't one in the strict definition. PABA is actually a structural part of Folic Acid, and can be turned into Folic Acid by some bacterial species, but not humans. It does appear to have a number of potentially valuable uses in addition to its benefits as a helper to B vitamins.

PABA has been found in research to be an antioxidant, which may decrease premature aging, increase flexibility, protect against ozone and air pollutants, alleviate inflammation found in arthritis, and even help restore hair colour. As an antioxidant, it neutralizes free radicals, and protects cell walls and DNA from damage.

PABA is found in whole grains, molasses, mushrooms, brewer's yeast and spinach in addition to being added to B Complex supplements.

Vitamin C

B Stress Free contains 1000 mg of Vitamin C, a powerful antioxidant which protects the B Complex vitamins from oxidation (the natural negative effects created from oxygen), and provides its own important stress protection characteristics.

Vitamin C helps reduce both the physical and psychological effects of stress. Some research suggests that people who have high levels of Vitamin C in their blood do not show the expected signs of stress when subjected to acute psychological challenges, and they bounce back from stressful situations faster than people with low levels. One study also showed that Vitamin C reduces the amount of cortisol (the stress hormone released by the adrenal glands

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that triggers the "fight or flight" response) in animals that had been subjected to repeated stress.

Vitamin C is involved in almost every biological and biochemical reaction in the body, yet it is a fragile and fleeting water-soluble nutrient. Stress – in addition to smoking, fever, antibiotics, aspirin and various contaminants in the environment – reduces the amount of Vitamin C in the body. Vitamin C is also destroyed by cooking and exposure to light.

Vitamin C is in fresh, raw fruits and vegetables (it begins to diminish as soon as they are picked from the tree or vine), especially citrus fruits, strawberries, kiwi, and bell peppers broccoli, Brussels sprouts, tomatoes, and asparagus. The high level of Vitamin C in this formula makes it optimally effective for stress.

Raw Super Green Foods

B Stress Free contains a base of Nature's most nutritionally complete and powerful "greenfoods": organically grown Alfalfa Leaf Powder, organically grown Green Barley Juice powder, and Spirulina Blue-Green Algae.

These green "Superfoods" support the efficacy of the formula by providing antioxidant support in a live, whole food, rich in natural enzymes, vitamins, amino acids, essential fatty acids and other nutrients.

Organic Alfalfa Leaf Juice Powder

Humble alfalfa, seen growing in many Canadian fields, is one of the most nutritious foods known. The alfalfa plant's roots reach over 100 feet into the earth, enabling it to absorb high levels of minerals, especially calcium.

Alfalfa is used as a diuretic for kidney, bladder and prostate conditions, and is also found to be helpful for asthma, arthritis, diabetes and indigestion. Alfalfa juice powder is rich in chlorophyll, beta carotene, vitamins A, D, E, B6 and K, and in several enzymes which improve digestion and help the body to absorb nutrients. Alfalfa is especially rich in Vitamin K, and is often used to treat Vitamin K-deficiency disorders. It is also steeped and strained in a therapeutic tea.

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Organic Green Barley Juice Powder

Enzymes are vital for hundreds of different processes that are constantly occurring in the body. Of the 3,000 known enzymes, barley grass contains up to 1,000 of them!

Research has shown that the juice from young barley leaves is rich in several antioxidants, and vitamins including B and C and beta carotene. It also has minerals including potassium, calcium, iron, phosphorus and magnesium, and, of course, bright green chlorophyll. The juice also has a compound called mucopolysaccharides, which plays a major role in the structure of body tissue.

Spirulina (Blue-Green Algae)

Hawaiian Spirulina is the ocean's most famous blue-green algae for good reason. It is one of the most nutritious foods known, containing up to 65% digestible protein.

Hawaiian Spirulina, or blue green algae, is blue because of phycocyanin and green because of chlorophyll (stored sunlight). The blue has been shown to help the nervous system and brain, and to produce new stem cells in bone marrow; and the green, chlorophyll, is called "the green blood of plants" (the hemoglobin of our red blood cells and the chlorophyll of plants are almost identical in molecular structure) — this makes chlorophyll a powerful blood cleanser, blood builder, and oxygen booster.

Spirulina is also a great source of vitamin B12 and B complex vitamins; it contains 10 times more beta carotene than carrots; and it has the omega-6 fatty acid called gamma-linolenic acid (GLA), said to be good for everything from skin conditions to arthritis.

AILMENTS

Energy

Enerex B Stress Free offers a more advanced, scientifically researched ratio of the eight energy-building, stress-busting B Vitamins: B1, B2, B3, B5, B6, Biotin, Folic Acid and B12, and the co-factor PABA. It also adds a therapeutic dose of Vitamin C (1000 mg), vital to increase energy and boost the immune system. Raw, green superfoods (Organic Alfalfa, Barley Grass and Spirulina) provide a whole-food component and extra nutrients to increase energy and overall well-being.

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Stress Management

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Vitamins & Minerals

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PACKAGING

Why should you care about **Enerex B Stress Free**'s bottle? We chose this packaging because it protects the product and the planet.

Enerex products are housed in recyclable BPA-free PETE plastic containers to provide the best protection against oxidation, moisture, sunlight, and “chemical migration” from container to product (so the supplements don’t acquire toxins from the plastic). In all of these areas, PETE is virtually equal to that of glass but without the larger environmental footprint left by glass packaging (it’s very heavy to transport, using more fossil fuel).

PETE plastic is far superior to that of HDPE white plastic: HDPE plastic is used for the majority of products on the market, but unlike more costly PETE bottles, HDPE plastic starts to immediately degrade the product inside because it doesn’t provide a protective barrier to oxygen or moisture. Studies show high concentrations of chemicals that have migrated from HDPE bottles to the product inside compared to PETE and glass bottles.

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ARTICLES

- December 20, 2011: Folic Acid plus B12 shows brain function benefits in older people
- September 27, 2011: Low B12 levels may boost brain shrinkage Study
- September 19, 2011: Vitamin B5 derivative works for cholesterol reduction in US subjects

TESTIMONIALS

Please leave a testimonial if you like this product.

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