

# B COMPLEX + C

Part of ESP Program\*



**Builder**

Builders are the nutrients that reinforce, fortify, and overall well-being to its best ability and condition.

**REDUCES STRESS, PROVIDES INCREASED ENERGY, AND AIDS IN THE MAINTENANCE OF GOOD HEALTH**

**THE ENEREX ADVANTAGE**

- > Full spectrum B Complex + C vitamin formula (Bs work synergistically so should be taken together)
- > Vitamins scientifically balanced to optimize body functions, not standardized to even amounts
- > Helps reduce stress-induced anxiety/depression/moodiness/overwhelm
- > Helps the body deal with acute & chronic stress due to Bs' critical influence on brain, neural and endocrine function
- > Niacin Flush\*: Benefits of B3 flushing reaction include: arthritis pain relief due to increased blood circulation in joints; lowered cholesterol/triglycerides levels; reduction of dementia/memory loss; improved sleep due to activating brain's benzodiazepine receptors; relief from ear ailments (vertigo, tinnitus) by increasing blood flow to ears
- > In green food base of organic alfalfa and barley
- > Increases cellular energy and metabolism
- > In a superfood base of raw organic alfalfa & barley grass plus spirulina
- > 1000 mg Vitamin C to support adrenal glands and enhance immune system
- > Uses Niacin and not Niacinamide for increased health benefits

**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 (Vitamin B7). . . . .	150 mcg
Folate (Vitamin B9) Folic Acid . . . . .	1000 mcg
Vitamin B12 (Cyanocobalamin) . . . . .	100 mcg

**Additional Ingredients:**

PABA (Para-Aminobenzoic Acid) . . . . .	50 mg
<b>Gluten Free Raw Superfoods*:</b>	
Organic Alfalfa (Medicago sativa) Herb top . . . . .	75 mg
Organic Green Barley Juice Powder (Hordeum vulgare) Leaf . . . . .	75 mg
Spirulina Blue-Green Algae (Spirulina platensis) Whole . . . . .	75 mg

**Adults:** Take one tablet daily with a meal or as advised by a health care practitioner.



# B COMPLEX + C

B Complex + C is formulated to take into account the correct ratios between B vitamins based on the 15-year SONA study by the University of Alabama Medical School. Most B-complex formulas are based on arbitrary even amounts such as 50 mg/mcg of each. The 49,000-page SONA Study involving 13,500 subjects offers the most comprehensive data to determine nutrients levels needed for health.

SONA (Suggested Optimal Nutritional Allowance) values vary greatly from RDAs (some being 20 X higher) that were based on basic nutrient amounts required to prevent disease. The SONA study cited particular B vitamins effective in stress management including folate, B5, B6 & B12. These are increased in Enerex's formula. B Complex + C contains natural niacin, preferable to synthetic niacinamide. It provides an ideal 10:1 ratio folate and B12, offers 1000 mcg of folate, and includes 150 mcg of biotin.

\* Niacin: Niacin flush, which brings a slight burning sensation & skin reddening on scalp, face, ears & neck, is a reaction caused by dilating of blood vessels produced from vitamin B3. Benefits for some ailments may require increased dosage (such as 1000 mg dose noted by renowned physician Dr. Abram Hoffer for reduction of dementia/memory loss). However, a low dose of 50-100 mg/day is enough to cause mild reactions & therefore gain some benefit.

## OTHER USES

- > B12, B6, B5 and folate are required to make "happiness" neurotransmitters (serotonin, norepinephrine, dopamine)
- > Folate & B12 deficiency increases homocysteine which impairs brain & nervous system function = depression/ anxiety (mood disorders increase with higher homocysteine)
- > Aids endocrine system: adrenal glands secrete corticosterone hormones to assist in physical/ psychological reactions to stress
- > May alleviate stress-induced migraines (B2 and B6)
- > Aids in converting glucose to energy & affects cardiovascular system = increases energy
- > Helps to restore hormonal balance (estrogen/ progesterone) to reduce PMS/menopausal symptoms
- > May aid in reducing schizophrenia (folate, B12), Parkinson's disease (Riboflavin), Alzheimer's & dementia symptoms (folate, B6, B12)
- > Helps lower cholesterol and triglycerides (Niacin)
- > Vitamin C lowers stress symptoms by enabling the body to clear cortisol in urine and prevent stress-response BP spikes

\*FOR INFORMATION ABOUT THE ENEREX SUPPLEMENT PROGRAM (ESP) PLEASE VISIT OUR WEBSITE.

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