

Benefits of Vitamin B-Compound

Benefits of Vitamin B-Complex

An excellent addition of nutrients that your body needs!

The vitamins in the Vitamin B-Complex are essential for growth, development, and a variety of other bodily functions. They play a major role in the activities of enzymes, proteins that

regulate chemical reactions in the body, and important in turning food into energy :

Improves Metabolism

Maintains Normal Skin Function

Improves Mood

Increases Red Blood Cell Production

Improves Liver Function

Boosts Production of Energy

A deficiency of certain B vitamins can cause anemia, tiredness, loss of appetite, abdominal pain, depression, numbness and tingling in the arms and legs, muscle cramps, respiratory infections, hair loss, eczema, and birth defects.

Some of the many benefits of the Vitamin B-Complex are :

B1 (Thiamin) is considered an “anti-stress” vitamin and is used in boosting the immune system, maintaining a positive mental attitude, increasing energy, fighting stress and preventing memory loss

B2 (Riboflavin) is used for preventing cervical cancer, migraine headaches, acne, muscle cramps and certain eye conditions. Other uses include increased energy levels and maintaining healthy hair and skin

B3 (Niacin) is used for high cholesterol, acne, improving digestion, improving circulation, promoting relaxation, improving orgasm and reducing the effects of aging

B5 (Pantothenic Acid) in addition to playing a role in the breakdown of fats and carbohydrates for energy, B5 is critical to the manufacture of red blood cells, as well as sex and stress-related hormones produced in the adrenal glands

B6 (Pyridoxine) women use B6 for PMS and other menstruation problems. B6 helps the body make antibodies, hemoglobin, breaks down proteins and keeps blood sugar in normal ranges.

B12 (Cyanocobalamin) may give you energy, weight loss, increase metabolism, lower cholesterol levels, better mood, balanced immune system and mental clarity

Additional Information :

Vitamin B1 : Thiamine is involved in numerous body functions, including nervous system and muscle functioning; the flow of electrolytes in and out of nerve and muscle cells (through ion channels); multiple enzyme processes (via the coenzyme thiamine pyrophosphate); carbohydrate metabolism; and the production of hydrochloric acid (which is necessary for proper digestion).

Vitamin B2 : In addition to producing energy for the body, riboflavin also works as an antioxidant by fighting damaging particles in the body known as free radicals. Free radicals can

damage cells and DNA, and may contribute to the aging process, as well as the development of a number of health conditions, such as heart disease and cancer. Antioxidants such as riboflavin can fight free radicals and may reduce or help prevent some of the damage they cause.

Vitamin B3 : Nicotinamide, form two important coenzymes called nicotinamide adenine dinucleotide -- NAD -- and nicotinamide adenine dinucleotide phosphate -- NADP. NAD and NADP are needed for the function of many essential enzymes that produce energy, cell signaling, DNA repair, cell differentiation and cell death. Niacinamide might be helpful in preventing insulin-dependent diabetes or type 1 diabetes. Type 1 diabetes is an autoimmune disease that results from destruction of the insulin-producing beta-cells of your pancreas. Niacinamide might protect beta-cells from damage and lower the risk of type 1 diabetes in high-risk children, according to the Linus Pauling Institute.

Vitamin B5 : D-Panthenol is the provitamin of D-Pantothenic acid (vitamin B5). D-Pantothenic acid plays a key role in the human body. It is part of the coenzyme A which is important for the structure and function of living tissue, for the resistance of mucous membranes as well as for growth and pigmentation of hair. Deficiency of vitamin B5 results in diverse dermatological disorders. Vitamin B6 helps the body make several neurotransmitters, chemicals that carry signals from one nerve cell to another. It is needed for normal brain development and function, and helps the body make the hormones serotonin and norepinephrine, which influence mood, and melatonin, which helps regulate the body clock. Along with vitamins B12, B6 helps control levels of homocysteine in the blood. Homocysteine is an amino acid that may be associated with heart disease. Your body needs B6 in order to absorb vitamin B12 and to make red blood cells and cells of the immune system. Vitamin B12 helps your body produce red blood cells and keeps your nerves functioning properly.