



Category 4  
Vitamins



**GOODFORYOU**  
GOOD FOR LIFE

## B-50 Complex

(Vitamin Supplement) #100426 100 Tablets

**Description:** **Vitamin B-50** is a complex and contains all the B Vitamins. The benefits of taking B Vitamins are numerous. **Deficiency include** constipation, edema, fatigue, forgetfulness, irritability, loss of appetite, numbness of hands and feet, poor coordination, inflammation of the mouth and tongue, dermatitis, hair loss, insomnia, retarded growth, slow mental response, low blood sugar, depression and anxiety to name but a few.

### Contents / Ingredients

**Vitamin B1 (Thiamine)** enhances circulation and assists in blood formation, carbohydrate metabolism, and the production of hydrochloric acid, which is important for proper digestion. It optimizes cognitive activity and brain function; has a positive effect on energy, growth, normal appetite, and learning capacity, and is needed for muscle tone of the intestines, stomach, and heart. It acts as an antioxidant, protecting the body from the degenerative effects of aging, alcohol consumption, and smoking.

**Vitamin B2 (Riboflavin)** is necessary for red blood cell formation, antibody production, cell respiration, and growth. It alleviates eye fatigue and is important in the prevention and treatment of cataracts. It aids in the metabolism of carbohydrates, fats, and proteins. Riboflavin facilitates the use of oxygen by the tissues of the skin, nails, and hair and eliminates dandruff. It helps the absorption of iron and vitamin B6.

**Vitamin B3 (Niacin)** is needed for proper circulation and healthy skin. It aids in the functioning of the nervous system; in the metabolism of carbohydrates, fats, and proteins; and in the production of hydrochloric acid for the digestive system. It is involved in the normal secretion of

### Traditional Therapeutic Action

#### Supplement Facts

Serving Size 1 Tablet	Amount Per Serving	% Daily Value
Thiamin (Vitamin B-1)	50 mg	3333%
Riboflavin (Vitamin B-2)	50 mg	2941%
Niacin (as Niacinamide)	50 mg	250%
Vitamin B-6 (as pyridoxine hydrochloride)	50 mg	2500%
Vitamin B-12 (as cyanocobalamin)	50 mcg	833%
Biotin	50 mcg	17%
Folic Acid	400 mcg	100%
Pantothenic Acid (as calcium pantothenate)	50 mg	500%
PABA	50 mg	(*)
Choline (Bitartrate)	50 mg	(*)
Inositol	50 mg	(*)

(\*) Daily Value not established

#### Vegetarian Formula

Other ingredients: Calcium Carbonate, Cellulose, Stearic Acid (vegetable source), Magnesium Stearate (vegetable source) and Croscarmellose Sodium. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, additives.

bile and stomach fluids, and in the synthesis of sex hormones. Niacin lowers cholesterol and improves circulation. It is very helpful in mental illnesses, and is also a memory-enhancer.

**Vitamin B5 (Pantothenic Acid)** known as "the anti-stress vitamin," plays a role in the production of the adrenal hormones and the formation of antibodies, aids in vitamin utilization, and helps to convert fats, carbohydrates, and proteins into energy. Pantothenic Acid is also a stamina enhancer and prevents certain forms of anemia. It is also helpful in treating depression and anxiety.

**Vitamin B6 (Pyridoxine)** is involved in more bodily functions than almost any other single nutrient. It affects both physical and mental health. It is beneficial if you suffer from water retention, and is necessary for the production of hydrochloric acid and the absorption of fats and protein. Pyridoxine also aids in maintaining sodium and potassium balance, and promotes red blood cell formation. It is required by the nervous system, and is needed for normal brain function. Vitamin B6 plays a role in cancer immunity and aids in the prevention of arteriosclerosis.

**B12 (Cyanocobalamin)** is needed to prevent anemia. It aids Folic Acid in regulating the formation of red blood cells, and helps in the utilization of iron. This vitamin is also required for proper digestion, absorption of foods, synthesis of protein, and the metabolism of carbohydrates and fats. It aids in cell formation and cellular longevity. In addition, B12 prevents nerve damage, maintain fertility, and promotes normal growth and development by maintaining the fatty sheaths that cover and protect nerve endings.

**Biotin** aids in cell growth. Sufficient quantities are needed for healthy hair and skin. One hundred milligrams of biotin daily may prevent hair loss in some men. Biotin also promotes healthy sweat glands, nerve tissue, and bone marrow.

**Choline** is needed for proper transmission of nerve impulses from the brain through the central nervous system, as well as for gallbladder regulation, liver function, and lecithin formation. It aids in hormone production.

**Folic Acid** considered as brain food, is needed for energy production and the formation of red blood cells. It also strengthens immunity by aiding in the proper formation and functioning of white blood cells. Studies have shown that a daily intake of 400 micrograms of Folic Acid in early pregnancy may prevent the vast majority of neural tube defects such as spina bifida and anencephaly. It may also help to prevent premature birth.

**Inositol** is vital for hair growth. It also helps prevent hardening of the arteries, and is important in the formation of lecithin and the metabolism of fat and cholesterol. It also helps reduce cholesterol levels. This vitamin has a calming effect.

**Para-Aminobenzoic Acid (PABA)** is one of the basic constituents of Folic Acid and also helps in the assimilation of pantothenic acid. This antioxidant helps protect against sunburn and skin cancer. PABA also aids in the maintenance of healthy intestinal flora. PABA may restore gray hair to its original color if the graying was caused by stress or a nutritional deficiency.

**SUGGESTED DOSAGE:** One tablet daily, preferably with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.