

## VITAMIN B COMPLEX



B vitamins play a vital role in keeping our health on a straight track. Deficiency in B vitamins often produces symptoms of fatigue, irritability, numbness, intestinal irritation, nervousness, depression, paranoia and senility.

Due to excessive processing of food, the supply of B vitamins from food sources has become scarce. Furthermore, stress, insecticide residue, pollutants in the air and water, smoking, alcohol, drugs, laxatives, antibiotics, antidepressants, estrogen (as in HRT), anti-gout, anticoagulant – all these are vitamin robbers and deplete B vitamins from the body. Since B vitamins are water soluble, it is imperative that a sufficient daily supplement is taken.

A good Vitamin B Complex must have all the right amounts of individual B vitamins synergistically combined for optimum benefits.

### BENEFITS

- Helps to maintain the health of nerves, skin, eyes, hair, liver, gastro-intestinal tract and brain functions
- Involved in energy production and helps to overcome fatigue
- An anti-stress nutrient
- Needed for blood formation
- Helps prevent grey hair
- Improves alertness and helps promote mental health

### KEY FEATURES

- NewLife™ Nature's Gift Vitamin B Complex with rice bran is a specially prepared formulation which contains a complete spectrum of individual B's that are combined synergistically for optimum benefits.
- Hypo-allergenic and vegetarian.