



# Your Body's First Responders: B Vitamins & Niacin

## 您身体的第一反应者： 维生素B和烟碱酸

“In this time of uncertainty...”

“During these unprecedented events...”

Indeed, we live in uncertain and unprecedented times. Naturally our limbic system (the part of our brain that controls our emotions) will produce fear and anxiety. If we allow fear and anxiety to overpower us, we end up making emotional, fear-based decisions instead of educated, rational choices. Not only that, but these negative emotions can weaken our immune system as well.

If you are feeling too overwhelmed with everything that is going on, perhaps what is shared below will help you reduce the anxiety and improve your immune system during these stressful times.

The B Vitamins are well known for their importance in wound-healing, mental wellness and stress management. But did you know that 5 of the B Vitamins are particularly important for your immune system?

**1. Vitamin B1:** Also called Thiamine, it is known as an “anti-stress” vitamin because it strengthens the immune system and improves the body’s ability to withstand stressful conditions. It was named B1 because it was the first B vitamin discovered.

In a clinical trial, researchers found that treating patients with B1 reduced infection-related death by nearly 500%.

**2. Vitamin B6:** The body uses this vitamin to make immune system cells and to increase the number of infection-fighting antibodies. So useful is B6 when it comes to our health that critically ill patients given supplements of this vitamin were all found to show increased immune responses.

**3. Vitamin B9:** Also known as folic acid, this vitamin is particularly useful when it comes to supporting the immune system as we age. Whenever a virus enters our body, T-cells jump into action, proliferating rapidly. As we get older, we naturally produce less T-cells. Luckily, folic acid helps T-cells proliferate again, and that is good when it comes to supporting the immune system as we age.

“在这个充满不确定性的时代。。。”

“发生了这些前所未见的事件中。。。”

的确，我们生活在一个不确定和前所未有的时代。我们的边缘系统（负责控制情绪的大脑部分）自然会产生恐惧与焦虑。如果我们让这些恐惧与焦虑压倒我们，我们最终将会做出情绪化的、基于恐惧的决定，而不是有知性、理智的选择。不仅如此，这些负面情绪还会削弱我们的免疫系统。

若您对身边正在发生的一切感到不知所措，以下分享的内容或许能帮助您在这些压力时刻减少焦虑、提高您的免疫系统。

维生素B对于伤口愈合、心理健康以及压力调节方面的重要性是众所周知的。但，并不是很多人知道其中5种维生素B对我们的免疫系统也特别重要：

**1. 维生素B1：**也称硫胺，是一种抗压力的维生素，这是因为它能增强我们的免疫系统及提高身体承受压力的能力。它被命名为B1是因为它是第一个被发现的B族维生素。

在一项临床实验中，研究人员发现使用维生素B1可以降低接近500%与感染相关的死亡病例。

**2. 维生素B6：**人体利用这种维生素来制造免疫系统细胞及帮助增加抗感染抗体的数量。维生素B6对我们的健康非常有用，危重患者服用这种维生素补充剂后，免疫反应都增强了。可见，维生素B6非常有利于我们的健康。

**3. 维生素B9：**也称叶酸。随着年龄的增长，这种维生素在支持免疫系统方面特别有用。每当病毒入侵我们身体时，T细胞便会立即产生反应，快速增加。可是年龄越大，我们的T细胞产量就会越来越少。幸运的是，叶酸能够帮助T细胞再次增殖，让我们有能力对抗病菌。





**4. Vitamin B12:** It has an important role in white blood cell production, and white blood cells are essential for proper immune system function.

**5. Vitamin B3:** Also known as niacin, this vitamin is required for DNA repair work as well as energy metabolism within the body. A recent article published in the Journal Nature, by a team from China, presents new evidence suggesting that niacin may help strengthen the lungs and protect lung tissues. The article suggests starting niacin when you develop a cough as it may offer some protection from the potential damage that Covid-19 or other viruses can cause.

**4. 维生素B12:** 它在白血球的产生过程中起了重要的作用，而白血球也是免疫系统正常运作所必需的。

**5. 维生素B3:** 也称烟碱酸，是脱氧核糖核酸（DNA）修复及能量代谢所必需的。中国研究小组最近在《自然》刊物发表的一篇文章中提出了新证据，证明烟碱酸有助增强肺部功能，保护肺部组织。这篇文章建议，当您有咳嗽征兆时，服用烟碱酸可能会对新冠肺炎或其他病毒可能造成的损伤提供一些保护。

**NewLife™'s Niacin** is an inexpensive supplement and can be taken on a daily basis.

Within 20-30 minutes of taking **Niacin**, the blood vessels dilate, some of us may experience a warm sensation spreading across the body. This sensation is commonly known as the 'Niacin Flush' and is similar to the feeling you get after a good workout at the gym. The degree of the flush varies from person to person, and less flush is experienced when taken just after a meal. Regardless of the degree of flush one might experience, it does not affect the effectiveness of **Niacin** for its various therapeutic uses.

**Niacin** is ideal for those who...

- have poor blood circulation
- have concerns over high cholesterol level
- want to build and maintain healthy skin and hair
- want a boost in memory power
- want to build and maintain a healthy digestive system
- are looking for the perfect anti-aging supplement to "reverse the clock"
- have skin problems, including psoriasis and eczema
- want a natural regimen that may help with depression, schizophrenia and other mental illnesses

**新生命血液循环补充丸（烟碱酸）**是一个廉价的补充剂，同时可以每天服用。

服用**血液循环补充丸（烟碱酸）**20至30分钟后，体内血管扩张，我们当中一些人全身会慢慢感到温热。这种感觉通常被称为“热潮红”，与刚运动完后的感觉相似。潮红的程度因人而异，如果饭后服用可以减轻潮红的症状。无论潮红的程度如何，它都不会影响**血液循环补充丸（烟碱酸）**的疗效。

**血液循环补充丸（烟碱酸）**也是以下人士的理想选择...

- 血液循环欠佳者
- 高胆固醇患者
- 想要拥有健康的皮肤和头发的人士
- 想要提高记忆力的人士
- 想要拥有及保持健康的消化系统的人士
- 想要逆转或延缓衰老过程的人士
- 那些患有皮肤问题的人士、包括青春痘、牛皮癣及湿疹
- 想要一个自然疗法，可以帮助抑郁症、精神分裂症和其他精神疾病



## Sources of B Vitamins

Daily intake of B Vitamins is highly recommended mainly because they are water soluble (which means the body does not have the ability to store them).

Best sources of B Vitamins can be obtained from:

- Whole grains (brown rice, barley, millet)
- Meat (grass-fed beef, free-range chicken and turkey)
- Fish (wild-caught halibut, tuna, trout, salmon)
- Eggs
- Dairy
- Dark green vegetables (spinach, broccoli, asparagus, Brussels sprouts, kailan)
- Fruits (organic bananas, red pepper, prunes, avocado)
- Legumes (beans, lentils)
- Nuts and seeds (pistachios, sunflower seeds)
- Nutritional yeast

*\*Please note that you can only get B12 from animal sources. So, if you are a vegan, it is crucial that you take a B12 supplement daily.*

However, as much as 50% of these essential vitamins can be lost when such foods are heated, canned, frozen or processed. Taking **NewLife™'s B Complex** can be helpful to ensure you're getting enough B Vitamins.

**B Complex**, taken daily together with **Niacin**, provides the body with the full spectrum of B Vitamins that are needed to maintain good health. **B Complex** and **Niacin** are particularly important for:

- Women during menstruation and pregnancy
- Breastfeeding mothers
- Elderly
- Vegans and strict vegetarians
- People who are anaemic
- People who get tired often
- People who are under stress
- People who are restless
- People with sleeping disorders
- People with difficulty in concentration
- People with mental health issues such as depression or anxiety
- People that have cardiovascular problems and are at risk of developing heart attack or stroke

**Please see back cover for a special offer on B Complex and Niacin.**

## 维生素B的来源

由于B群维生素是水溶性维生素，不能存留在体内，因此必须每天补充以维持人体正常机能与代谢作用。

维生素B的最佳来源是：

- 全谷物(糙米、大麦、小米)
- 肉类(草饲牛肉、自由放养的鸡肉和火鸡)
- 鱼类(野生大比目鱼、金枪鱼、鲭鱼、鲑鱼)
- 鸡蛋
- 乳制品
- 深绿色蔬菜(菠菜、花椰菜、芦笋、甘蓝小包菜、芥兰)
- 水果(有机香蕉、红辣椒、西梅、鳄梨)
- 豆类(大豆、扁豆)
- 坚果和种子(开心果、葵花籽)
- 营养酵母

*\*请注意，您只能从动物中获得B12。因此，如果您是素食主义者，每天服用B12补充剂是至关重要的。*

可是，当这些食物经过加热、罐装、冷冻或加工时，多达50%的必需维生素将会流失。服用**新生命维他命B综合丸**可助确保您获得足够的维生素B。

每日与**血液循环补充丸**(烟碱酸)一起服用，**维他命B综合丸**能为身体提供维持健康所需的全系列维生素B。**维他命B综合丸**和**血液循环补充丸**(烟碱酸)对以下人群尤为重要：

- 在月经期间妇女及孕妇
- 哺乳妇女
- 老年人
- 严守素食主义者及素食主义者
- 贫血患者
- 经常疲倦
- 经常压力大
- 焦躁不安者
- 睡眠紊乱，精神差
- 难以集中注意力
- 罹患精神病性障碍，包括忧郁症、焦虑症
- 有心脏病发作或中风风险的心血管疾病患者

**请参阅封底以获取更多有关维他命B综合丸和血液循环补充丸的特别优惠。**

