

# Facts About B-Complex

- B vitamins are referred to as the "happy vitamins" -- the "cope ability vitamins."
- The most important thing to remember is that ALL B VITAMINS should be taken together in "COMPLEX" form. (You can throw your metabolism off by taking an isolated B vitamin.)
- If a person is tired, irritable, nervous, depressed, or even suicidal expect a vitamin B deficiency.
- B vitamins are destroyed by intense heat, slow cooking, light, baking soda and baking powder.
- Extremely effective in alleviating PMS and Menopausal symptoms. (Calcium Magnesium will help with chocolate cravings during PMS, in addition to relieving muscle cramps, i.e., abdominal, leg, etc.)
- SUGAR, ALCOHOL, CAFFEINE and STRESS all destroy B vitamins.
- People deficient in B vitamins quickly become anemic, are nervous, do not sleep well (insomnia), crave sweets, and have high cholesterol levels.
- A slight deficiency can cause abnormal heart action, constipation, and mental depression.
- Gray hair, falling hair, baldness, acne or other skin problems indicate a lack of B vitamins. Thus, B vitamins can be preventative in premature graying.
- B vitamins are necessary for normal functioning of the nervous system.
- B-Complex is essential in calming hyperactivity in children with none of the side effects that medications produce.
- B vitamins convert fats into energy.
- Infection and stress increase need for B-Complex. Sulfa drugs, sleeping pills, and estrogen destroy B vitamins
- B vitamins help to produce productive antibodies.
- Adequate amounts of B-Complex have been found to control migraine headaches and attacks of Meniere's syndrome.
- Massive dosages have been used to cure polio, improve cases of shingles, and postoperative nausea and vomiting (resulting from anesthesia).
- B vitamins help with fatigue, skin disorders, cracks at the corner of the mouth, anemia, tender gums, constipation, burning feet, burning and dry eyes.
- B-Complex aids in digestion. The more foods you eat, the more you need B-Complex.
- B-Complex is chiefly responsible for the health of the digestive tract, the skin, mouth, tongue, eyes, nerves, arteries, and liver.
- B vitamins are water soluble; thus, need to be taken through the day.

**THE MOST EFFECTIVE WAY TO TELL WHETHER YOU HAVE ADEQUATE B VITAMINS IN YOUR SYSTEM AT ANY GIVEN TIME IS -- YOUR URINE WILL BE BRIGHT YELLOW -- AS IN THE COLOR OF THE YELLOW SHEETS ON A LEGAL PAD.**