



The Benefits of the B Vitamins



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Additional Recommended Supplements for Optimal Health...

Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)
or
- [Liquid Cal-Mag-Zinc](#)

Foundation Support:

- [Supreme Stress B](#)

These supplements may be purchased on our store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Many of us would benefit from the addition of the unbeatable B's in our daily supplement program. Without the Vitamin B family, our bodies can't maintain healthy nerves, skin, hair, eyes, liver, or muscle tone. Nor can they utilize carbohydrates, fats, and proteins adequately. The Vitamin B family is an important group of nutrients, each with its own biological role to play. As a group, the B's work together in the body and can be found in the same foods. Because of this "togetherness" they're called the B complex vitamins. Since B vitamins are water-soluble and cannot be stored in the body for long periods of time, they must be replaced daily. Remember B vitamins are best taken with food to both increase absorption and to eliminate the possibility of causing an upset stomach. We offer individual B vitamins such as niacin that are often used therapeutically, as well as B complex vitamins to provide complete B vitamin support.

Vitamin B6 - Promotes cardiovascular, immune and skin health. It is necessary for B12 absorption and is needed for the absorption of protein, carbohydrates and fats.

Vitamin B12 - Important for red blood cell formation, iron and macronutrient metabolism, as well as cardiovascular, nerve and mental function.

Biotin - Needed for nutrient absorption and assists in forming and utilizing fatty acids. Important in the absorption of all B vitamins. Promotes healthy skin, hair, nails, as well as energy. Also, found in clinical studies to help potentiate the action of the trace mineral chromium picolinate.

Folic Acid - Important for red blood cell development, preventing anemia and essential for body cell growth. It is recommended that all women of child bearing age take a daily folic acid supplement to reduce the risk of neural tube defects in infants. The recommended dosage is generally 400-800 mcg per day.

Niacin or Vitamin B3 - Plays a role in fat synthesis, energy production, adequate circulation and nervous system. Niacin, or nicotinic acid is often used for supporting healthy cholesterol levels.

PABA - Promotes healthy skin, hair and red blood cell formation. Assists the body in the utilization of nutrients, as well as maintaining a healthy intestinal flora.

Pantothenic Acid - Supports metabolism, adrenals, helps form hormones and nerve regulating substances. Involved with digestive tract health as well as maintaining blood sugar levels.

Heart Health - Support Homocysteine Levels with Vitamin B Supplements

Homocysteine is an amino acid that is usually broken down and released from the body with no harm done. Some people have a genetic flaw that leaves them deficient in the enzymes responsible for regulation and breakdown of homocysteine, and this toxic amino acid builds up in their system leading to major cardiac events. Even those without the genetic flaw are susceptible, with typical risk factors such as smoking, obesity, and environmental stresses.

B Complex Vitamins: B complex vitamins are important because the deficiency of just one of the B's can alter the utilization and absorption of the other important B vitamins. Try our **Supreme Stress B** vitamins.

REFERENCES:

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