

# COMPLEX COMPOUNDS

The fact is, life is complex. To combat the complexities of life, one can supplement with a B-Complex. There are a total of eight B vitamins. Together, this group of nutrients plays many important roles in your overall health and function.

## COMPLEX BEINGS

B vitamins are found in many foods and it's possible to absorb the recommended amounts through diet alone if you follow a well-balanced and healthy food plan. However, if your food intake is not adequate or other conditions increase your need for B vitamins, it is important to supplement. This is especially important because B vitamins are water soluble, which means that they are readily absorbed into tissues for immediate use and the body does not store reserves of these important nutrients. This results with a replenishment of B vitamins needed continuously.

Childbearing or breastfeeding women should take a B-complex supplement as their need for these vitamins increases, and it is difficult to ingest adequate amounts through diet. Moreover, it has been proven that B-vitamin deficiencies can cause severe birth defects. Also, deficiencies in B6 and B12 are common in elderly people and require supplementation. Medical conditions like Crohn's, celiac disease, cancer, hypothyroidism, anorexia and alcoholism make a person more susceptible to nutrient deficiencies. Certain medications, like those that treat acid reflux or diabetes, can also decrease the amount of vitamins the body will absorb. Vegetarians and vegans may experience deficiencies due to their limited diets. Therefore, it is important for people in these circumstances to take a B-complex supplement.

## ADVANCED 2-STAGE DELIVERY

Zahler B-complex is a unique, two-stage formulation which delivers half the nutrients immediately but releases the other half only further in the digestive process. The benefits of slow release include more stable blood levels and an increase in the total amount of nutrients being absorbed and utilized.



## B COMPLEX BENEFITS

A nutritional supplement that contains all eight B vitamins is called a B-complex. The health benefits of B-complex are many and multi-faceted and are vital for maintaining good physical and mental health.

Vitamins B1, B3, B5, B6, B7 and B9 play a role in metabolism and converting food into energy. Vitamin B2 is an antioxidant. Vitamins B3, B7 and B12 are important for DNA production, cell growth, cell division and cellular signaling, as well as gene expression. B5 helps produce hormones and cholesterol. B6, B9 and B12 help produce red and white blood cells. And perhaps what B complex is best known for, B6 and B12 are vital for proper neurological function and the creation of neurotransmitters.

Studies have proven that supplementing with a B-complex can reduce fatigue, improve mood and boost cognitive performance. B-complex has also been helpful as part of a plan to manage mental illnesses like anxiety and depression.

## BIOACTIVE B VITAMINS = BETTER

1 This formula harnesses the power of coenzyme, methylated and phosphorylated forms of the B vitamins to ensure effective metabolism with minimal effort.

2 Bioactive forms are better absorbed and far more effective. Since they are body-ready, they don't require complex conversions or mega dosing.

3 A substantial dose of Choline is included as this active is now correctly determined to be essential for general health.

4 Respectful of current research, our dosing strategy is tailored to a significantly conservative position. There is no science supporting mega doses of B vitamins.

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