



B-52

MULTI B VITAMIN COMPLEX

The definition of a vitamin is "a compound necessary to life that can not be synthesized by the human body and so must be obtained via the diet." The B vitamins are a group of vitamins known specifically for their role in energy production. As they are water soluble and not easily stored in the body it is important to ensure an adequate daily intake and when we are combating stress or living an active daily lifestyle our daily requirements may increase dramatically. These vitamins act as 'co-factors' for the enzymes that MAKE energy in the body; when our reserves are low our bodies simply can't function and fatigue as well as numerous other symptoms may result. Although the B vitamins work together as a group to support the health and wellbeing of the body each plays a special role.

As they are water soluble and not easily stored in the body it is important to ensure an adequate daily intake

- **Vitamin B1** is also known as **Thiamin** and is crucial to the body's immune and nervous systems. As you will see with all the B vitamins, it also plays an important role in energy production.
- **B2, Riboflavin**, is again involved in energy production. However, this vitamin is also critical in the detoxification, fat metabolism and anti-oxidation systems of the body.
- **Niacin** is the chemical name for vitamin **B3**. This nutrient has been shown to be an important factor in stabilizing and lowering cholesterol and is also involved in energy production and blood sugar control.

- **B5 or Pantothenic Acid** is the B vitamin most partial to the adrenal system of the body. When stress is high our requirements for this vitamin increase significantly because of it's role in the creation of amino acids, hormones, red blood cells and vitamin D.

- **Pyrodoxine, Vitamin B6**, is used in practically every enzyme system of the body. Its role in energy production, homocysteine metabolism, glucose production and neurotransmitter synthesis is paramount. It also has a special role in hormonal balance in the body and may be depleted when any sort of synthetic hormone is taken (such as in the form of oral contraceptives or hormone replacement therapy).

- **Vitamin B12** is the only B vitamin found solely in animal products and is often low in people who are vegetarian. Critical for blood cell production, DNA synthesis (and therefore cell repair) and homocysteine metabolism, low levels are a major contributing factor in fatigue and nervous system problems.

- **Folic acid** works with Vitamin B6 and B12 in homocysteine metabolism and energy production but is primarily known for its necessity in the support of cell DNA synthesis during cell reproduction. Supplementation in pregnant women has been shown to decrease the incidence of neural tube defects in infants. In addition, folic acid helps with the synthesis of glutathione – one of the major anti-oxidants of the body.

- yet again plays an important role in energy production in the body. It also helps with fat metabolism and anti-oxidation.



Albi's B52 is a B vitamin supplement specially formulated with 52mg of each B vitamin to ensure adequate levels of all these required nutrients. The capsules are free of yeast, wheat, milk, sugar and corn, and dynamically shaped for easy swallowing. The base of chamomile, alfalfa, kelp, watercress and parsley presents the vitamins to the body in a form easily digested and absorbed. Choline, Inositol and Vitamin C (all other nutrients required by the body) help the body utilize the B vitamins so that it can reach its optimal state of health.

albinaturals.com

