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# ONCE A DAY ENERGY B+C

For a hectic lifestyle, supporting energy levels and addressing stress.

## Nutritional Information

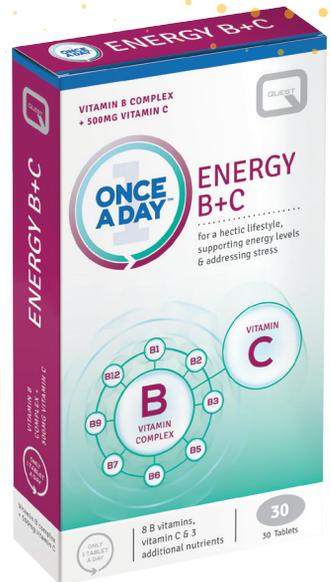
One tablet provides:

		*%NRV
Vitamin C	500 mg	625
Thiamin (B1)	19.5 mg	1773
Riboflavin (B2)	25 mg	1786
Niacin (B3)	25 mg	NE 156
Vitamin B6	10 mg	714
Folic Acid (B9)	400 µg	200
Vitamin B12	25 µg	1000
Biotin (B7)	25 µg	50
Pantothenic Acid (B5)	25 mg	417
Choline Bitartrate	25 mg	
Inositol	25 mg	
PABA	25 mg	

NE = Niacin Equivalent

\*NRV = Nutrient Reference Values

Take one tablet daily with food. Swallow with water.



- Recommended for active and hectic lifestyles.
- Enhances energy levels and recommended for people with elevated stress levels.
- Helps to reduce fatigue and tiredness, including chronic fatigue.
- Can help support concentration and memory.
- Enhances the release of energy from food.

## DESCRIPTION

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A medium potency quick release formula providing a full spectrum of the B vitamins plus vitamin C. Designed to support a hectic lifestyle, it helps support energy and concentration levels and reduce tiredness and fatigue and the effects of stress on the body. Vitamins B1, B2, niacin (B3), B6, pantothenic acid (B5) and vitamin C contribute to the reduction of tiredness and fatigue. Vitamins B1, niacin (B3), B6, B12, biotin (B7) and vitamin C contribute to normal functioning of the nervous system and normal psychological function. Vitamin C is an antioxidant nutrient that contributes to the protection of cells from oxidative stress and to the normal functioning of the immune system. As a water soluble nutrient, vitamin C supplies in the body are used up quicker under stress leading to a lowering of immune function and increased incidence of infections.

## ENERGY

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**The krebs cycle:** B vitamins and vitamin C are required directly for the energy production cycle, also called the krebs cycle. They are used as important cofactors as follows:

- Niacin (B3) – NADH.
- Riboflavin (B2) - FADH.
- Pantothenate (B5) - Coenzyme A.
- Vitamin B12 - methylmalonyl-CoA.

NADH, FADH, Coenzyme A and methylmalonyl-CoA feed directly into the krebs cycle where they aid in the production of ATP, a vital energy source.

Vitamin C is required for the synthesis of carnitine, which transports long chain fatty acids into the mitochondria, an important step in energy production.

**Oxygen transportation:** Another way that B vitamins contribute towards energy production is with oxygen transportation in the body. Vitamins B3, folate and B6 are all required for the synthesis of heme proteins, including haemoglobin, necessary for iron transportation and energy production<sup>1</sup>. Anaemia can be caused by a deficiency in any of these nutrients, as well as a deficiency in iron. Even in the case of iron deficiency anaemia, a B complex should be taken for a multi-therapeutic approach to recovery.

**The Thyroid:** The thyroid is an essential gland for metabolism and energy production, and requires vitamin B2 to work effectively. Vitamin B2 is required as a co-factor in the synthesis of flavoproteins (proteins that contain nucleic acids). These are essential for the proper function of the thyroid<sup>1</sup>.

## WHY IS A B-COMPLEX AND VITAMIN C PREFERRED TO SINGLE NUTRIENTS?

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B vitamins and vitamin C work together and have a synergistic effect. Although a specific B vitamin may be required for a specific symptom, others may enhance that action.

A classic example is as follows:

- Vitamin B2 helps to recycle B3, folate and B6<sup>1</sup>.

- B3 is required for the conversion of folate into its bioactive form – methyltetrahydrofolate.
- A deficiency in either B12 or folate can appear the same, and taking just one of these can hide a deficiency state of the other.

We are very rarely deficient in just one B vitamin, although only one may present itself in a deficiency disease. This is with the exception of vitamin B12 with pernicious anaemia and veganism where a single deficiency is possible. A deficiency generally occurs due to poor diet, poor absorption or with an increased need, which most often effects all of the B vitamin family.

## FEATURES

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- Medium potency Vitamin B and C complex
- Quick release tablet designed to provide full potency within 30 minutes for swift tissue saturation.

## HEALTH NEEDS

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STRESS & HECTIC  
LIFESTYLE



ENERGY



SENIOR'S HEALTH

## SCIENTIFIC REFERENCES

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1. Nutrients. 2016 Feb; 8:2: 68.

