



Optimal *energy* and metabolism

The *entire*
B-vitamin
family!



Why you need B-vitamins

Every cell in your body must have B-vitamins in order to perform hundreds of complex functions. For example, B-vitamins help metabolize food into the energy you need to live, maintain a healthy nervous system, build body tissue, stimulate hormone production, and form healthy red blood cells. Like vitamin C, B-vitamins are not stored in your body, so you need them in your diet every day!

GNLD's complete B-vitamin supplements deliver the entire B family in balanced ratios as they occur naturally in whole foods.

maintenance, cardiovascular health, liver, metabolism and lipid transport, and fetal/infant development and growth.*²

- **Folic Acid.** Promotes healthy cells and homocysteine levels, DNA/RNA production, protein metabolism, red blood cell formation, and mood.* When taken in conjunction with a healthy diet, may reduce a woman's risk of having a child with a birth defect of the brain or spinal cord.^{1, 2, 3}
- **Inositol.** Major component of cell membranes; important for production of brain neurotransmitters, growth, metabolism, fat metabolism, and healthy blood cholesterol levels.*³
- **Niacin.** Involved in numerous metabolic reactions; important for circulation, growth, and metabolism; promotes healthy cholesterol levels, assists with synthesis of fatty acids, protein and DNA.*²
- **Pantothenic Acid.** Promotes health of skin, liver, adrenals and nervous system; required for normal growth. Necessary for food metabolism and production of energy and antibodies.*^{1, 2}

The complete B family, delivered in balanced, natural ratios. B-certain with B-Complex!

References

- 1 Hamilton EMN et al, Nutrition concepts and controversies, fifth edition, West Publishing Company, 1991.
- 2 Sadler MJ, Encyclopedia of human nutrition, Academic Press, 1998.
- 3 Ensminger AH et al, Foods and nutrition encyclopedia, second edition, CRC Press, 1994.

Contact your independent GNLD distributor:

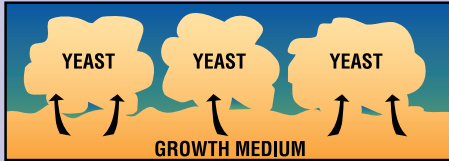


PEOPLE EMPOWERING PEOPLE



8 reasons to B-gin taking GNLD B-vitamins

1 Unique whole-food source. GNLD begins with nutritional yeast (*saccharomyces cerevisiae*), and through a unique process of growing, harvesting and drying yeast, B-vitamins are “biologically-bound” to create a natural, high-potency B-complex source.



2 Complete. Contains a full complement of water-soluble B-vitamins, plus all the naturally-occurring nutritional factors found in vitamin-B-rich foods. These include Thiamine (B₁), Riboflavin (B₂), Pyridoxine (B₆), Cobalamin (B₁₂), Biotin, Choline, Folic Acid, Inositol, Niacin and Pantothenic Acid.

3 Delivered in **balanced natural ratios** to avoid a high intake of one B-vitamin, which might induce a deficiency of others.

4 Two exclusive formulas. Choose from **B-Complex** for immediate availability of high-potency B-vitamins or **Super B Threshold Control** for 6-hour sustained release of B-complex nutrients.

5 High-potency. Each formula provides maximum metabolic support to help meet high nutrient demands during exercise and periods of stress.

6 Lipotropic factors and heart-healthy nutrients contribute to cardiovascular health, maintenance of normal cholesterol levels, brain vitality, and more.*

7 Each batch is **laboratory validated for potency and purity**.

8 No artificial flavors, colors or preservatives.

The science behind the supplement

Why GNLD's Scientific Advisory Board created B-Complex formulas

Chances are, you're not getting all the B-vitamins you need each day. Very few foods are rich in the B-complex family, and these nutrients are easily destroyed in the canning process or during cooking. Refining strips B-vitamins from whole grains, and they also dissipate during storage. Plus, many factors draw heavily on your body's B-vitamin supply, including caffeine, dieting, medications, alcohol and infection. If you're under stress, say goodbye to even more B's! Knowing all this, GNLD scientists developed B-Complex and Super B Threshold Control — to help restore what everyday living takes away.

B kind to your body

Research has shown that B-vitamins support wellness in a number of ways. B's are associated with healthy metabolism, conversion of food into energy, synthesis of new cells and tissues, positive outlook, mental clarity, alertness, cardiovascular vitality, healthy homocysteine levels, immune response, and more:

- **Thiamin (B₁)**. Critical brain, nervous system and heart health. Supports appetite, carbohydrate metabolism, digestion, energy, and growth.*^{1, 2, 3}
- **Riboflavin (B₂)**. Important for caloric energy conversion, supports metabolism, resistance to infection, and nerve and muscle function.*^{1, 2}
- **Pyridoxine (B₆)**. A factor in multiple biological reactions. Essential for cardiovascular and nervous systems, aids in antibody formation, DNA/RNA synthesis, metabolism, and utilization of key nutrients.*²
- **Cobalamin (B₁₂)**. Supports red blood cell formation, healthy cerebral nerve fibers and normal homocysteine levels, plays roles in energy production and metabolism.*^{1, 3}
- **Biotin**. Important for metabolism, growth, B-vitamin utilization, and energy production; supports healthy skin.*^{1, 3}
- **Choline**. Involved with memory, thought and muscle control. Supports homocysteine