

The B Vitamin You Really Need

Many people today are taking either a multivitamin or some kind of B vitamin. The “vitamin B complex” is sold in a variety of forms claiming to help boost energy, increase muscle tone, fortify the nervous system, and so on. However, don’t be fooled by vitamin labels that show a long list of synthetic B vitamins - the consumer is most likely missing important dietary foods that are rich in the whole vitamin B complex. Our bodies were designed to assimilate real foods for growth and repair of organs and tissues... not synthetic chemicals. Therefore, vitamins are best derived from real food. Vitamins, unlike drugs, are living complexes, and it is critical to get these in a form that includes all for the enzymes, coenzymes, and mineral that make up a naturally occurring vitamin complex. The other benefit of deriving vitamins from real food and whole food supplements is that you always get more than what is on the label. Most labels list vitamins like B1 (Thiamine), B2 (Riboflavin), or B3 (Niacin), but what’s missing are the foods themselves that contain all these vitamins and more. Synthetic ingredients are much cheaper and easier to produce in a laboratory than sourcing all the different foods that naturally contain these vitamins. However, our bodies were designed to utilize them in their natural form, so make sure you are selecting a high quality whole food supplement.

Standard Process’ **Cataplex B** is a vitamin complex that is in a base of organically grown whole foods, which are rich in many B vitamins. Most people have heard of B1, B2, and B3, but there is also B4 in this family of vitamins. The Merck Manual describes vitamin B4 as “widespread throughout plant and animal tissues.” Vitamin B4 promotes the efficient nerve conductivity if the heart and helps maintain the rhythm of the heart.

Unless you derive your B vitamins from whole food sources, vitamin B4 would not be included in your supplement because it cannot be synthesized. Therefore, most off-the-shelf vitamins do not contain this important factor of the B vitamin complex. Whole B vitamins complexes are found on in foods such as nutritional yeast, liver, and wheat germ. The Whole B vitamin complex supports many body systems including the heart, the central nervous system, energy production, and more. Many Standard Process products contain these whole foods that are rich sources of B vitamins, including **Cataplex B**, **Cataplex G**, **Ligaplex II**, **Catalyn**, **Livaplex**, **Drenamin**, **Vasculin**, and **Cardio-Plus**. Ask your practitioner for an evaluation to determine what supplements are right for you!

Please be advised that any suggested nutritional advice is not intended as any primary treatment or therapy for any disease or particular body symptoms. These statements have not been evaluated by the FDA. Nutritional counseling, vitamin recommendations, nutritional advice, and the adjunct schedule of nutrition is provided solely to upgrade the quality of foods in the patient’s diet in order to supply good nutrition supporting the physiological and biomechanical processes of the body.

