Basic Facts

Vitamins are necessary for a proper cell metabolism and involved in catalytic functions without serving as building substances themselves. There are thirteen known vitamins, all of which have to fulfill certain functions.

Considering their solubility, vitamins can be subdivided into two groups: fat-soluble vitamins (A, D, E and K) and water-soluble vitamins (B vitamins and C).

Vitamins are of essential importance for the health because without them our organism would not work. A low vitamin level in the body may be the cause of many deficiency symptoms and diseases. Vitamins, together with the enzymes, partake in many chemical reactions in the body. The vitamin B complex and vitamin C, for instance, play an important role in numerous metabolic processes and also in detoxifying various environmental pollutants.

False nutrition, the influences of the environment and many other factors may be the cause for our being unable to ingest sufficient quantities of vitamins with our daily food. Therefore, to supplement our food with vitamin preparations is not only to be recommended but sometimes also simply a necessity.

Especially the elderly frequently suffer from vitamin deficiency since the body is no longer able to absorb the vitamins contained in food due to a reduced function of the various organs.

Effects

Vitamin B1 (thiamine) is responsible for energy production in the brain. Being an enzyme building substance, vitamin B1 regulates the carbohydrate metabolism and has pain relieving and detoxifying effects on the nervous system. A vitamin B1 deficiency causes the brain functions to decrease and may lead to mental changes (depression, forgetfulness, confusion). Thiamine also influences the important neurotransmitter acetylcholine, which is responsible for the memory function.

One of the tasks of vitamin B2 (riboflavin) is the renewal of glutathione, one of the most important protective substances for the cells against free radicals.

Apart from the production of energy, vitamin B3 (niacin), together with other substances, is responsible for the regulation of the blood sugar level, for the anti-oxidative protection as well as for the various different detoxification functions in the body. Niacin also helps to lower the cholesterol level.

Vitamin B5 (pantothenic acid) is involved in the processing of fat and amino acids from our food. Sufficient quantities of biotin provide healthy nails and hair.

Folic acid (vitamin B11) is necessary for DNA synthesis and therefore for the development of cells. Folic acid has a positive effect on all fast-dividing tissues and supports their regeneration. Therefore, a deficiency in folic acid first of all affects quickly and supports the immune functions. A vitamin B12 deficiency is one of the main causes for age-related diseases of the brain as e.g. Alzheimer’s disease.

Biotin is involved in the processing of fat and amino acids from our food. Sufficient quantities of biotin provide healthy nails and hair.

PRODUCT INFORMATION

B-Plex contains the most important B vitamins in an optimal combination (together with vitamin C and MSM). The various B vitamins are important for a number of essential functions of the body such as metabolism and cell renewal. The vitamin B complex is considered to be the energy provider for body and mind.
growing tissue and consequently has a critical effect during pregnancy. In this connection, certain embryonic malformations (neural tube defects and spina bifida) could be associated with this maternal deficiency in vitamins. It is therefore recommended to additionally take folic acid particularly during pregnancy. Furthermore, various studies have recently indicated that a deficiency in folic acid may be a contributing factor in causing numerous diseases e.g. atherosclerosis.

**Vitamin C** is capable of trapping free radicals in the body and to render them innocuous. Vitamin C thus increases the defenses of the body. It moreover enhances the buildup and new formation of collagen, an important protein substance in the body, which is necessary for tissue formation.

**MSM (methyl-sulfonyl-methane)** is an important sulfur compound, which plays a role in the synthesis of many proteins (muscles, skin and hair).

### Indications

**Health and wellbeing:** for preventive purposes and to increase the general wellbeing. In case of insufficient vitamin intake with food (e.g. diet, malnutrition) or conditions with increased vitamin requirements (e.g. growth).

**Pregnancy/lactation:** a folic acid supplement may lower the risk of embryonic malformations. Moreover, the milk flow is stimulated when breastfeeding and milk production is increased.

**Immune system:** to enhance the defenses of the body. Suited for the convalescent period after (wasting) diseases.

### Composition

**One capsule contains:**

- Vitamin B1 50 mg
- Vitamin B2 50 mg
- Vitamin B5 50 mg
- Vitamin B6 10 mg
- Vitamin B12 0.03 mg
- Biotin 1.5 mg
- Folic acid 0.4 mg
- Niacin 12.5 mg
- Niacinamide 87.5 mg
- Vitamin C 125 mg
- MSM (methyl-sulfonyl-methane) 200 mg in pharmaceutical grade. Other ingredients: SiO₂, tricalcium phosphate, magnesium stearate, stearic acid

### Dosage

In normal cases as nutritional supplement and to prevent deficiencies take 1 capsule 2 times a day with plenty of fluid.

### Brain performance:

preservation of the brain performance and improvement of the memory.

### Nervous system:

a therapeutic application in nervous diseases (neuritides, neuralgias) serves to balance accompanying states of deficiency (possibly because of a disease-related increased demand) and, on the other hand, to stimulate natural repair mechanisms.

### Skin:

- to support the treatment of common acne and related inflammations of the sebaceous glands. New formation of collagen is stimulated.

### Side Effects, Contraindications

No negative side effects of B-Plex are known.

Do not use in case of hypersensitivity to one of the components of the preparation.

Intestinal absorption of folic acid is impaired by some medicines (digestive enzymes and antacids). When taking such medicines a higher intake of folic acid is recommended.

There is an interaction between folic acid and methotrexate, which is used to treat cancer. While in cancer therapy the inhibiting effect of methotrexate on the new formation of cells by its antagonism to folic acid is desired, it may possibly cause severe side effects if autoimmune diseases are treated with methotrexate, and then a supportive administration of high doses of folic acid may be required. However, this should only be done under the supervision of a doctor.

Diarrhea may occur after the intake of high doses of vitamin C.

### Instructions

Generally a specialist should be consulted before intake. In the presence of diseases or when taking medications on a long-term basis, B-Plex should in any case be used only after having consulted a doctor first.

Should you experience any complaints while taking B-Plex, you should consult a doctor and inform him/her about the intake. Store in a cool, dry place and keep out of reach of children.

### B-Plex Product Groups

B-Plex can be found in the following product groups (www.vitabasix.com):

- Vitamins & Food Supplements
- Brain & Memory
- Immune System, Cell Protection & Antioxidants

### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual’s general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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