

# B-COMPLEX™

## FOOD COMPOUND VITAMIN

B vitamins are essential nutrients for good health. They have important roles in many physiological functions, including energy production and nutrient metabolism, and for the overall health of all systems in the body. Since B vitamins rely on each other to carry out their health functions, it is recommended that they be supplemented as a group, or complex, to provide optimum benefits and to avoid a nutritional imbalance. Several factors that can rapidly deplete your body's stores of B vitamins are: poor diet, smoking, regular consumption of alcoholic beverages, certain prescription drugs, and chronic stress. If any of these factors apply to you, incorporating a **B-Complex** Food Compound Vitamin into your diet is recommended to maintain good health.

### FOOD COMPOUND NUTRITION

**B-Complex** by RightFoods™ is designed to provide a balanced ratio of all the B vitamins with nourishing whole food extracts. RightFoods™ whole food extracts are rich in naturally occurring vitamins, minerals and a multitude of beneficial food compounds. Current research has identified food compounds to exhibit many important health-promoting activities in the body, such as acting as antioxidants, immune stimulators, and adaptogens known to balance health systems. It has been proven a diet, comprised mostly of fruits, vegetables, and whole grains, is an essential element to achieve and maintain good health. Whole grains and dark green vegetables are excellent sources of B vitamins and food compounds. Since the average American diet lacks enough servings per day of these foods, it is important to choose a Food Compound Vitamin that supplements your diet not only with the B vitamins but also with all the right foods rich in food compounds. **Food compounds are the key to complete nutrition and wellness.**

### COMPLETE ACTIVE RANGE

Each of the thousands of identified food compounds has been placed by its organic structure into one of the seven classes: terpenes, organosulfurs, phenols, organic acids, polysaccharides, lipids, and amines. A diet that includes all seven classes is vital to optimal health because each food compound class exhibits unique health-promoting activities in the body. **B-Complex** by RightFoods™ contains a select group of 31 foods to fully represent each food compound class. This representation is called the Complete Active Range™, a quality unique to RightFoods™. Each tablet of **B-Complex** includes foods such as spinach, kale, alfalfa, *hydrilla* (aquatic green plant), broccoli, rice bran, green pepper, and more. No other B-Complex multi-vitamin provides the benefits of a Complete Active Range™ of food compounds.



### SUPERIOR NUTRIENT DELIVERY

RightFoods™ carefully selected all the nutrients and foods in **B-Complex** to create a B vitamin supplement with superior absorption and utilization. The whole food extracts in **B-Complex** contain proteins and food compounds that act as "helping hands" in the absorption and delivery of vitamins to the cells that need them. This delivery mechanism, defined as utilization, is where good health begins. Without efficient utilization, the nutritional value of dietary vitamins is diminished.



# Supplement Facts

Serving Size 2 Tablets

**Amount per Serving** **% Daily Value** ▼

Thiamine	(B1, Rice Bran)	50 mg	3333
Riboflavin	(B2, Pumpkin Seed)	50 mg	2941
Niacin	(B3, Green Papaya)	50 mg	250
Vitamin B6	(B6, Green Pepper)	50 mg	250
Folic Acid	(Folate, Onion)	400 mcg	100
Vitamin B12	(B12, Beet)	100 mcg	1667
Biotin	(Biotin, Tomato)	50 mcg	17
Pantothenic Acid	(B5, Cranberry)	50 mg	500

Inositol	(Inositol, Orange Peel)	50 mg	**
Choline	(Choline, Rice Bran)	50 mg	**
PABA	(PABA, Spinach)	10 mg	**

**Complete Active Range™ Food Compounds:**

**Terpenes** (Carotenoids: Kelp 3:1, Carrot 3:1), (Limonoids: Orange 3:1, Lemon 3:1), (Saponins: Alfalfa 3:1), (Lycopene: Tomato Extract 4:1); **Phenols** (Betanin: Beet 3:1), (Anthocyanins: Cranberry 25:1, Wild Blueberry 7:1), (Flavonoids: Grape Extract 3:1, Citrus 3:1, Acerola 4:1, Rose Hips 4:1), (Isoflavones: Soy 4:1, Kudzu 10:1); **Amines** (Chlorophyll: Hydrilla 50:1), (Enzymes: Green Papaya 3:1, Ginger 5:1); **Polysaccharides** (Rice Bran 3:1, Reishi 7:1, Shiitake 3:1), (Pectin: Apple 3:1); **Organosulfurs** (Indoles: Cabbage 3:1), (Sulforaphanes: Broccoli 5:1), (Isothiocyanates: Kale 3:1), (Thiosulfonates: Onion 3:1); **Lipids** (Omega-3: Flax 3:1), (Sterols: Pumpkin Seed 4:1), (Isoprenoids: Spinach 3:1); **Organic Acids** (Ellagic Acid: Black Currant 3:1), (Coumaric Acid: Green Pepper 5:1) . . . . . 275 mg

**Total Food & Herb Fresh Weight is 2,000 mg.**

\* Food extract with potency up to 50 times their actual weight.

\*\* Daily Value not established.

† Amino Acid Chelates are superior to many other mineral forms.

†† Vitamin A Palmitate, Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

## ROLES OF B-VITAMINS IN THE BODY

VITAMIN	FUNCTION	FOOD SOURCE
Thiamine (B-1)	Essential for energy production and nerve function. Supports digestive and brain system.	Rice Bran
Riboflavin (B-2)	Essential for energy production and several metabolic reactions.	Pumpkin Seeds
Niacin (B-3)	Essential for energy production and several metabolic reactions. Supports healthy circulation. Aids in function of nervous system.	Green Papaya
Vitamin B-6	Required for healthy nerve, brain, and immune function. Important for normal cellular growth and protein synthesis. Inhibits homocysteine production, which is harmful to cardiovascular system.	Green Peppers
Folic Acid	Essential for proper cell division, tissue growth, and red blood	Onion
Vitamin B-12	Needed for proper digestion, nerve function, and the metabolism of carbohydrates and fats. Essential to prevent anemia (iron deficiency). Works very closely with Folic acid functions.	Beets
Biotin	Important for fat and amino acid production and utilization. Beneficial for hair and nails	Tomato
Pantothenic Acid (B-5)	Has an important role in energy production. Supports wound healing.	Cranberry
Choline	Essential for making vital neurotransmitters and cell membranes. Aids in fat and cholesterol metabolism.	Rice Bran
Inositol	Important to cardiovascular health and healthy hair growth. Aids in fat and cholesterol metabolism. Works with Choline.	Orange Peel
PABA	Assists in the formation of red blood cells and promotes healthy flora (intestinal bacteria). An antioxidant known to protect skin against sunburn.	Spinach

For a healthy nutritional foundation, take RightFoods™ **B-Complex** with one of the following Food Compound Vitamins: Complete Life™, Women’s Daily™, Men’s Daily™, One Daily™, One Daily Iron-Free™, Women Over 40™, or Senior’s Daily™.

It is prudent to consult with your health care professional and/or pharmacist before taking supplements with prescription or over-the-counter medications.

**All of RightFoods™ products are FREE from Corn, Dairy, Wheat, and Yeast.**  
**All are formulated WITHOUT Artificial Colors, Flavors, Sugars, or Preservatives.**  
**Free of GMOs based on average analysis. Tested Six Times For Potency And Purity.**

**RightFoods™ Inc.**

An FDA Registered Establishment

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Statements in this brochure have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.