

# B-COMPLEX

## FOOD COMPOUND VITAMIN

*Vitamin, Mineral & Herb Formula*

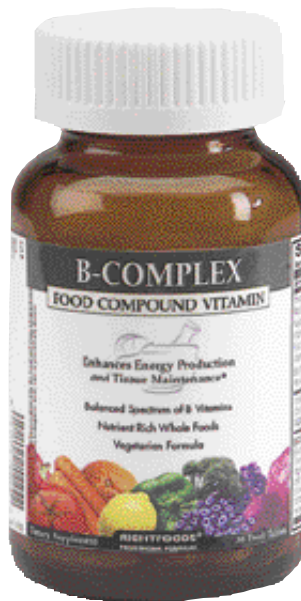


Enhances Energy Production  
*and* Tissue Maintenance

Balanced Spectrum of B Vitamins

Nutrient Rich Whole Foods

Vegetarian Formula



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*Product Rationale  
By Cynthia Pileggi*



# **RIGHTFOODS™ B-COMPLEX**

## *Rationale*

The fundamental reasons and logical basis used to formulate **RIGHTFOODS™ B-Complex**.

### **To Maximize Nutrient Utilization by Providing A Complete Active Range of Whole Foods In A Broad Spectrum Formula**

#### **No Nutrient Works Without The Benefit Of Food.**

The latest research indicates that Food Compounds in food are needed to deliver nutrients to the cells. When these factors naturally occur you have the most efficient delivery mechanism. Food is the most effective method of nutrient delivery.

#### **RIGHTFOODS™ Provides The Foods That Make The Vitamins And Minerals Work.**

Recent science has proven that food is the key to nutrient delivery and utilization. Cutting edge scientific research on optimum health maintenance and preventative care indicates the undeniable importance of food. The broadest spectrum of Food Compounds from food, and the factors found in food, such as pigments, the enzymes and protein chaperones, are the most direct path to optimal Health.

#### **A Broad Range Of Supplemental Components.**

The human body needs a broad spectrum of nutrients to maintain optimal health. Eating to stay healthy is not as easy as it seems. A study in the July 16, 1999, issue of *Science* reports that people living in the United States and other industrialized nations often fail to obtain recommended daily minimums of essential nutrients. This is despite the fact that meals contain a nearly endless variety of food.

Research reveals an enhanced physiological response is obtained from moderate amounts of a broad spectrum of foods and food compounds. This broad spectrum of moderate supplemental and nutritive components provides greater health benefits than large amounts of one isolated supplement fraction or the isolated active constituents of a plant.

RightFoods™ B-Complex contains a complete spectrum of B vitamins in a synergistic Full Color Spectrum Food Compound Vitamin. B vitamins act as co-enzymes, working with proteins facilitating many metabolic functions in the body. The B vitamins work synergistically and are water soluble.

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.

**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.

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. 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. 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.

### **Full Color Spectrum**

**RightFoods™ B-Complex** is the first Full Color Spectrum formula. Our carefully crafted Full Color Spectrum of Whole Foods enhances bioavailability of the formula and provides a broad range of naturally-occurring health supportive natural color pigments.

Worldwide research, including studies done by The National Cancer Institute, indicates the importance of including a full spectrum of colorful whole foods (red, blue, green, yellow, orange) in the daily diet. The color pigments in whole foods such as anthocyanins, carotenes, chlorophyll and flavonoids are recognized as being essential protective components of our diet. **RightFoods™ B-Complex** helps meet this challenge by including a daily dose of full color spectrum pigments.

Scientific research indicates that color pigments in whole foods are important aspects of protective food compounds.

### **Protein Chaperones™, Food Compounds and Nutrient Delivery**

Nobel Laureate's have confirmed that **FOOD IS THE KEY TO NUTRIENT UTILIZATION.**

Nutrient utilization is dependent on Food Compounds and Protein Chaperones™.

### **Food Compounds**

In 1937, Albert Szent-Györgyi was awarded the Nobel Prize for discovering and isolating a fraction of vitamin C known as ascorbic acid. Professor Szent-Györgyi discovered that vitamin C rich concentrated whole food is more bioavailable than isolated ascorbic acid. This increase in bioavailability is due to the presence of enzymatic activity and important complex food factors known as the Food Compounds.

### **Protein Chaperones™**

The 1999 Nobel Prize was awarded to Dr. Günter Blobel for his work that concluded “Each protein (chaperone) carries in its structure the information needed to specify its proper location in the cell”.

The Protein Chaperones™ are the key delivery mechanisms, the “addresses” and “zip codes”, that carry the nutrients to the specific sites within the cell, where they are utilized. These chaperones are necessary for nutrient utilization.

Research and identification of these Food Compounds has begun to unravel the complexity of food and its use within the body. The discovery of Protein Chaperones™ has led to an enhanced understanding of nutrient utilization. By definition, no isolated food fraction (vitamin or mineral) can provide Food Compounds. The exact structure of food is unknown. There are at least 103,000 known food compounds (a tomato contains at least 10,000). One isolated fraction of a tomato, such as ascorbic acid, cannot be considered as beneficial, or a substitute for, the whole tomato.

## **Classes of Food Compounds**

Research into the compounds that make up food is experiencing remarkable growth. This knowledge of the benefits of the Food Compounds is expanding at an ever-increasing rate. Your body makes more kinds of chemicals than all the drug companies put together. 103,000 food factors have been isolated, and current estimates say the actual number may be in the millions. With increasing knowledge of the important health benefits of the Food Compounds many scientists believe that the Food Compounds will prove to be more important to supplementation than vitamins and minerals by themselves.

Since each of the Food Compounds exhibits different actions in the body, it is crucial that a broad and complete range of whole foods be included in the diet. When you consume a full range of the Food Compounds you will benefit from what is known as a complete range of action. The complete range of Food Compounds working cohesively protects your body from the onset of numerous illnesses and diseases. The Food Compounds ultimately provide the foundation for optimum health. **RightFoods™ B-Complex** contains the Complete Active Range™ of food compounds.

## **Nutrients Must Always Be Taken With Food**

RightFoods™ is the first company to embrace the new science that food and food compounds are the essential keys to all nutrient delivery. These foods, when properly identified, enhance the effectiveness of the nutrients. Our goal is to provide the absolute best supplements with the most beneficial whole food extracts in all of our formulas.

## **Enhanced Utilization**

Research shows that delivering vitamins and minerals with a Complete Active Range™ of food enhances utilization. Nutrients cannot be delivered to the cells without specific messengers. These messengers naturally occur in whole foods. Ascorbic acid functions better when taken with Vitamin C-rich foods, calcium functions better when taken with calcium-rich foods.

## **Food Compounds**

Nutrients do not function alone, but rather in synergy with the Food Compounds. These Food Compounds are shown to have powerful supportive effects on the physiology. Food Compounds are not produced by the body and must be supplied in our food.

## **Not Just Any Food - The Right Food**

Vitamin utilization can be achieved by taking nutrients with a high quality meal. However, not just any meal will do. Foods in the meal must be rich in the same nutrients you are supplementing in order to enhance utilization. The necessary messengers (Protein Chaperones™) must naturally occur in the food to create enhanced utilization.

## **The Quality Meal Solution**

RIGHTFOODS™ Food Compound Vitamins: Each tablet provides quality whole foods extracts. The whole foods provide the food compounds you need to utilize your vitamins and minerals. The **right** whole foods, combined in the correct ratio with vitamins and minerals.

## NUTRIENTS

### **B Complex**

B complex vitamins support the metabolic functions related to energy production, fat, carbohydrate and protein metabolism. They are necessary for healthy functioning of the nervous system, muscles in the GI tract, health of the hair, skin, eyes, mouth and liver. Lower levels are found in the elderly. Food Sources: yeast, whole rice, whole grains, blackstrap molasses, legumes, meats, nuts and seeds.

**B-1** -Thiamine facilitates Krebs cycle functioning; this enables the body to manufacture energy from glucose. It has been shown to affect emotional well being. Food Sources: yeast, seeds, legumes, whole grains, nuts.

**B-2** - Riboflavin functions within enzyme systems involved in the metabolism of carbohydrates, fats and proteins. It is important to cell respiration and to regenerating glutathione. Food Sources: yeast, liver, seeds, legumes, whole grains, nuts.

**B-3** - Niacinamide is involved in all of the functions of the B complex. It has been found to benefit insulin secretion and cholesterol management. Food Sources: yeast, seeds, legumes, whole grains, nuts, buckwheat.

**B-5** - Pantothenic Acid is utilized in energy production and in the manufacture of adrenal hormones and red blood cells. Necessary for the body's natural stress response, and support for hayfever and other allergies. Food Sources: yeast, seeds, legumes, whole grains, nuts.

**B-6** – Pyridoxine is involved in building the body's proteins, structural compounds, chemical transmitters in the nervous system, prostaglandins and red blood cells. It assists in modulating hormonal balance and immune function. Food Sources: yeast, seeds, legumes, whole grains, nuts, cauliflower, and sweet potatoes.

**B-12**- This is important in the prevention of pernicious anemia. Aging may increase our need for supplementation of B-12. It works with folic acid in the production of DNA, red blood cells, and the myelin sheath that surrounds the nerves. Food Sources: liver, clams, seafood, fish, whey, eggs, hard cheeses, some fermented foods.

**Folic Acid** – Works with Vitamin B-12 in many vital functions. It is critical to DNA synthesis and cellular division. It is absolutely essential for a healthy pregnancy. Folic Acid is the subject of much research in it's relationship to proper cellular health. Food Sources: yeast, dark green leafy vegetables, liver, whole grains, nuts, broccoli, legumes, and mushrooms.

**Biotin** – This functions in the production and utilization of fats and amino acids. It has a beneficial effect on the scalp, hair and nails. Food Sources: yeast, liver, whole grains, nuts, legumes, and mushrooms.

### **Choline**

Choline is essential to the manufacture of the vital neurotransmitter's acetylcholine and phosphatidylcholine and also to other components of cell membranes. It is important to fat metabolism. Food Sources: liver, eggs, banana, cauliflower, grape juice, peanut butter, lecithin. legumes, and mushrooms.

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## **Inositol**

Inositol functions closely with choline in the production of cell membranes. Food Sources: citrus fruits, whole grains, nuts, seeds, and legumes.

## **PABA**

Assists in the formation of red blood cells and promotes healthy flora (intestinal bacteria). An antioxidant known to protect skin against sunburn.

## **Bioflavonoid Complex**

“Nature’s biological response modifiers,” bioflavonoids have the ability to modify the body’s reaction to stressors such as allergens, viruses and carcinogens. It is important for strengthening the capillaries and veins. Bioflavonoids function as powerful antioxidants. Research has shown them to be anti-inflammatory, liver protective, anti-tumor, antimicrobial, antioxidant, antiviral, supportive to the immune system, and strengthening to the entire cardiovascular system. They also have an estrogenic effect. Bioflavonoids include rutin, hesperidin, quercetin, and naringin. Food Sources: citrus fruit, berries, grapes.

## **SUPERIOR FOODS**

### **Rice Bran**

Rice Bran is a nutrient-rich source of dietary fiber, containing insoluble fiber (cellulose) and soluble fiber (hemicellulose). Studies show Rice Bran fiber lowers cholesterol and other fats when included as part of the diet.

### **Alfalfa (*Medicago sativa*)**

This green food is rich in nutrients and food compounds including Chlorophyll, Calcium, Magnesium and Trace Minerals including Boron, as well as Vitamins K, C, A, E, Folic Acid and other B Vitamins. Compounds include flavonoids and isoflavones. Research indicates that isoflavones stimulates or enhances estrogen production. Nourishes the blood, liver and the body in general. Also indicated as useful in cholesterol management and reduction. Only the leaf and stem are used, no seeds.

### ***Hydrilla verticillata***

*Hydrilla Verticillata* is a rooted macrophyte, meaning that its roots draw nutrients from the soil or base of freshwater lakes, rivers and streams. Unlike algae (known as surface macrophytes) which float on top of fresh water and absorb nutrients from the surface, hydrilla lives below, protected from air-borne contaminants. Submerged macrophytes like *Hydrilla* accumulate more nutrients from the soil and water than surface macrophytes mineral content.

*Hydrilla* provides an abundant source of: Calcium, Magnesium, Potassium, Phosphorus, Manganese, Iron, Chlorophyll, B-Complex, Beta Carotene, 17 Amino Acids, 8 Fatty Acids, Polysaccharides, and all Essential Trace Minerals. This green super food has potent antioxidant and free radical scavenging properties. Energy enhancing, it also enhances nutrient absorption. It is indicated as radio protective (Inhibits damage caused by radiation).

Supports muscle building and has anti-aging factors such as RNA/DNA, polysaccharides, SOD, and co-enzymes.

*Hydrilla* is ecologically sound as it grows abundantly in fresh waters.

### **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) .

\*Carotenoids including Lutein, Zeaxanthin, Cryptoxanthin, Alpha-Carotene, and Lycopene.

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