



B Vitamins: More Valuable than You Think

B群维生素： 不可或缺的营养物质

B vitamins have many important functions and are vital for maintaining good health. They are essential for the metabolism of every cell of the human body. They help to support the adrenal glands and nervous system, keep you energized, prevent fatigue, improve concentration and mental health, and are critical for combating stress. These qualities make B vitamins essential for today's fast-paced lifestyle.

Our body does not create B vitamins, we need to get them through our daily diet. In addition, we must replenish them daily because B vitamins are water-soluble, which means our body does not store them.

Not all types of B vitamins do the same thing and different types of B vitamins come from different types of foods. Vitamin B-12, for example, is found primarily in meat and dairy products. On the other hand, B-7, B-9, and to some degree, B-1 and B-2, are found primarily in fruits and vegetables.

Deficiencies of any of these can lead to health problems. Depending on which B vitamin you're lacking, symptoms of a deficiency can range from fatigue, mental confusion in the elderly, dementia, depression, anaemia, a compromised immune system, to skin rashes, and more.

Although B vitamins are found in a wide variety of foods, external factors like stress, age, pregnancy, use of medication and alcohol can increase the body's demands for B vitamins. Additionally, certain health conditions can result in poor absorption of vitamin B. In such circumstances, supplementing with B vitamins becomes necessary.

Taking a B-complex vitamin, which contains most of the significant B vitamins, may be one of the more effective alternatives to provide a wide spectrum of B vitamins which target nutritional gaps in the daily diet. It is a quick and convenient way to meet your body's demands.

B群维生素具有许多重要功能，是维护身体健康不可或缺的物质。它们在人体每一个细胞的新陈代谢过程中扮演着重要角色。它们有助支持肾上腺和神经系统、增强体力、消除疲劳、提高注意力、维持心理健康及缓解生活压力。这些种种的功效使得B群维生素被视为现今紧凑生活不可或缺的保健品。

人体无法自行制造维生素B，因此必须通过日常饮食来获取。此外，由于B群维生素是水溶性维生素，不能存留在体内，因此必须每天补充以维持人体正常机能与代谢作用。

不是所有种类的维生素B都发挥相同的作用。还有，它们也多来自不同的食物来源。例如，维生素B12主要存在于肉类和乳制品中，而B7和B9（还有在一定程度上B1和B2）则来自水果和蔬菜。

缺乏任何一种维生素B都有可能导致健康问题。不同的维生素B缺乏会导致不同的症状，像是疲劳、老年精神错乱、痴呆症、抑郁症、贫血、免疫系统受损、皮疹等。

虽然B群维生素广泛存在于各种各样的食物中，但压力、年龄、怀孕、服药和饮酒等外在因素都会增加身体对B群维生素的需求。此外，某些健康状况还可能导致身体无法有效吸收维生素B。基于以上种种因素，补充B群维生素是有必要的。

服用含有大多数重要维生素B的综合维生素B补充物是一个有效、方便、快捷的途径以补充日常饮食中各种维生素B的摄取不足，满足身体健康所需。

NewLife™'s Nature's Gift Vitamin B Complex offers a perfect balance of all the B vitamins to fortify your body. Here's a rundown of what they are, what they do and why you need them.

新生命维他命B综合丸提供完整的B群维生素，有助强身健体。以下就为大家介绍它所包含的各种B群维生素及它们个别的功能。



Vitamin B1 (Thiamin) helps the body's cells convert carbohydrates into energy.
维生素B1 (硫胺素) 帮助身体细胞将碳水化合物转化成能量。

Vitamin B2 (Riboflavin) is essential for growth and development, and for the production of red blood cells.
维生素B2 (核黄素) 对发育成长及红血球的制造非常重要。

Vitamin B3 (Niacin) supports healthy skin and nervous system.
维生素B3 (烟碱酸) 维持及改善皮肤组织和神经系统。

Vitamin B5 (Pantothenic acid) is essential for the metabolism of food.
维生素B5 (泛酸) 对于在食物的代谢必不可少。

Vitamin B6 (Pyridoxine) helps the body to break down protein and helps maintain healthy red blood cells, the nervous system and immune system.
维生素B6(吡哆醇) 有助身体分解蛋白质，维持红血球、神经系统和免疫系统的正常功能。

Vitamin B7 (Biotin) is important for the metabolism of proteins and carbohydrates and in the production of hormones and cholesterol.
维生素B7 (生物素) 有利身体对蛋白质和碳水化合物的分解与吸收，对激素和胆固醇的生成至关重要。

Vitamin B9 (Folic acid) is needed for the production of DNA. It supports pre-natal and women's reproductive health.
维生素B9 (叶酸) 是脱氧核糖核酸生产的重要物质。孕妇及备孕女士都必须补充叶酸。

Vitamin B12 (Cobalamin) plays an important role in the body's growth and development.
维生素B12 (钴胺素) 有助儿童生长发育。

Inositol is required by the body to form healthy cells.
肌醇 是人体形成健康细胞的所需物质。

Para-aminobenzoic acid (PABA) is an antioxidant that helps to restore damage caused by free radicals.
对氨基苯甲酸 (PABA) 是一种抗氧化剂，有助修复自由基对人体所造成的损伤。

Choline helps with brain and memory development.
胆碱 有助大脑发育及增强记忆力。

Who will benefit from taking Vitamin B Complex?

- Women during menstruation and pregnancy
- Breastfeeding mothers
- Elderly
- Vegans and strict vegetarians
- People who are anaemic
- People who get tired often
- People who are under stress
- People who are restless
- People with sleeping disorders
- People with difficulty in concentration
- People with mental health issues such as depression or anxiety
- People with elevated levels of homocysteine (a risk factor for heart disease, associated with low levels of vitamins B6, B12, and folate)

适用人群:

- 在月经期间及孕妇
- 哺乳妇女
- 老年人
- 严守素食主义者及素食主义者
- 贫血患者
- 经常疲倦
- 经常压力大
- 焦躁不安者
- 睡眠紊乱，精神差
- 难以集中注意力
- 罹患精神健康疾病，包括忧郁症、焦虑症
- 同型半胱氨酸水平升高者（这是患心血管疾病的其中一个风险因素。与缺乏维他命如B6、B12、叶酸相关）

Note: As B vitamins are water-soluble and are not retained in the body, it is normal that some of the B vitamins in supplements are not 100% utilized and are passed out in the urine. Thus, after taking a B vitamin supplement, you may find that your urine has a yellowish colour. This is normal and perfectly safe; and only occurs with vitamin B supplements that use natural ingredients.

注：由于B群维生素是水溶性维生素，不会存留在体内。因此有时B群补充剂中某些B群维生素不会100%被身体吸收利用，并随着尿液排出体外。如果服用B群补充剂后，尿液呈现黄色，这种情况是正常的并且只发生在用全天然原料制成的B群维生素天然保健品。