

# Mega-B-Complex Capsule Combats Blood Sugar Irregularities and Stress

## Vital Nutrients for Control of Blood Sugar, Addictive Behavior and Stress

The Glyco Plex formula contains B vitamins and vitamin C in the proportions used by orthomolecular psychiatrists for stress, blood sugar level control and behavior modification, along with ChromeMate® GTF (glucose tolerance factor) and glandular support. Glyco Plex aids blood sugar regulation in both hypoglycemics and diabetics through normalization of glycogen/insulin formation and release.

A strong relationship has been demonstrated between blood sugar irregularities (hypo and hyperglycemia) and all types of addictions including:

- Alcohol and drug abuse
- Sugar and other food addictions
- Behavioral addictions, i.e. gambling, etc.

This high potency B-complex formula would be beneficial to individuals who fall into any of these categories, starting with a therapeutic dose, then continuing with a maintenance schedule.

B vitamins are essential in the conversion of carbohydrates into glucose, which then "burns" to produce energy. They are also vital in metabolism of fats and proteins.

## Complete B-Complex Supplement for Stress Essential to Healthy Nervous System Function

B-complex vitamins may be the single most important factor for nervous system function. The need for B vitamins increases during periods of mental or physical stress, including infection or disease. Nervous individuals or those working under tension can greatly benefit from a high potency B-complex supplement. In addition, the B-complex vitamins are essential for maintenance of muscle tone in the gastrointestinal tract and for health of skin, hair, eyes, mouth and liver.

All the B vitamins should be taken together. Since these vitamins are so closely interrelated in function, a lack of one or more can affect the body's utilization of others. If large doses of one of the vitamins is used therapeutically, a complete B-complex supplement should accompany it.

### Thiamin - Vitamin B1

Vitamin B1 is fundamental for carbohydrate metabolism and is also necessary for muscle growth and tone, normal digestive function and healthy nerves.

GLYCO PLEX™		
Stress B-Complex Capsule with Vitamin C		
Product No. 970	Fill Size: 90 Capsules	
Product No. 9702	Fill Size: 250 Capsules	
Three capsules provide:		% Daily Value
Vitamin C -----	500 mg.	833%
Thiamin (vitamin B-1) -----	100 mg.	6667%
Riboflavin (vitamin B-2) -----	100 mg.	5882%
Niacin (as niacinamide) -----	500 mg.	2500%
Vitamin B-6 (pyridoxine) -----	100 mg.	5000%
Folic Acid -----	300 mcg.	75%
Vitamin B-12 -----	50 mcg.	833%
Biotin -----	15 mcg.	5%
Pantothenic Acid (as calcium pantothenate) -----	250 mg.	2500%
GTF Chromium (ChromeMate® GTF) -----	200 mcg.	167%
Inositol -----	50 mg.	*
Choline Bitartrate -----	50 mg.	*
PABA -----	60 mg.	*
Pancrelipase -----	50 mg.	*
Stomach Substance -----	45 mg.	*
L-Lysine Monohydrochloride -----	30 mg.	*
Other ingredients: raw adrenal, raw pancreas, raw brain and raw liver concentrates, gelatin.		
*Daily Value not established.		
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<b>Therapeutic Dosage:</b> Six to nine capsules daily.		
<b>Maintenance Dosage:</b> Two to three capsules daily.		

### Riboflavin - Vitamin B2

Riboflavin, another important nerve nutrient, is needed for metabolism of various food components and aids in absorption of iron. It is especially supportive of respiratory mucous membranes, skin and eyes.

### Vitamin B6

B6 is one of the principal nutrients used in orthomolecular psychiatry along with Vitamin B3 (niacin, niacinamide). B6 has such varied and important functions and is so universally under-supplied in the American diet that Dr. John Ellis has written an entire book on its applications, referring to it as the "sleeping giant of nutrition".

- Involved in metabolism of all foods, especially fats, and is involved in protein metabolism on a cellular level as a precursor of the transaminase group of enzymes.
- Involved in normal mineral and fluid balances and is the principal vitamin used for treating edema.

- Important for red blood formation.
- Important for adrenal function.

### Vitamin B12

Excessive refined carbohydrates break down the intrinsic factor of the stomach. The intrinsic factor facilitates absorption of B12; therefore, deficiencies are common for those eating the "traditional American diet".

- Necessary for hemoglobin formation, increasing the oxygen-carrying capacity of the blood.
- Maintains integrity of myelin nerve sheathing.
- Stimulates cellular production of nucleic acids.
- Long history of effectiveness in treating chronic fatigue.
- Popular in treatment of emotional disorders, schizophrenia and nervous conditions.

### Pantothenic Acid

Pantothenic acid is an important anti-stress nutrient with specific support for the adrenal glands. Synthesis and release of adrenocortical steroids increase immediately even with small doses.

It also aids in production of antibodies and has been used successfully in the treatment of insomnia, some nerve disorders and allergic reactions.

### Niacinamide - Vitamin B3

Vitamin B3 is the central vitamin used in orthomolecular treatment of mental and neurological disorders. Clinical deficiencies result in pellagra, characterized by diarrhea, nausea, skin rashes, cir-

rhosis and degeneration of nerve fibers. Dr. Carl Pfeiffer has referred to schizophrenia as a "biochemical wastebasket diagnosis", a symptom of "sub-clinical pellagra".

The vitamin is used extensively in treating depression, irritability, nervousness, insomnia, hypoglycemic symptoms, various neuroses, senility, alcoholism, drug withdrawal, schizophrenia and other psychopathologies.

### Synergistic Nutrients

**Vitamin C** is related directly or indirectly to all metabolic functions and is an important part of orthomolecular therapy.

**Chromium**, supplied as ChromeMate® GTF, enhances the effects of insulin and insures its efficient use. In addition to regulating blood sugar, insulin facilitates the entrance of carbohydrates and amino acids through cell membranes and influences blood levels of other hormones.

**Choline, inositol, lysine and pancrelipase** are lipotropic agents included in **Glyco Plex** to help remove and prevent build-up of fatty deposits in the liver and assist in fat metabolism. Choline and inositol are also specific nerve nutrients.

The glandular base includes raw **liver, pancreas** and **adrenal** concentrates which provide specific nucleo-protein support of the blood sugar regulating glandular axis, along with raw **brain** as a neurologic factor.

## Widespread Deficiency Due to Diet and Lifestyle

B vitamins are so meagerly supplied in the traditional American diet that almost every American lacks some of them.

- **Processed Foods** - Americans eat many foods that lack B vitamins due to processing.
- **High Sugar Consumption** - Sugar is pure carbohydrate with no vitamins, minerals or enzymes to aid in its digestion. Large amounts of B vitamins and other nutrients are required to metabolize sugar.
- **Starches** - Like sugar, simple carbohydrates require higher intake of B vitamins for proper metabolism. White flour products lose B vitamins in processing. Manufacturers may replace some, but usually not all of the B vitamins lost.
- **Alcohol Consumption** - Alcohol tends to destroy some of the B vitamins, particularly thiamine (B1) and folic acid. Like sugar, alcohol contains large amounts of carbohydrates, but no vitamins or minerals, making it very difficult for the body to utilize those carbohydrates.
- **Caffeine** in coffee and soft drinks is known to destroy vitamin B1.

- **Drug Interactions** - Antibiotics, sulfa drugs, sleeping pills, some insecticides and estrogen can create a condition in the digestive tract which destroys B vitamins.

- **Intestinal Bacteria** - Some B vitamins are produced by intestinal bacteria. These bacteria grow best on milk sugar and small amounts of fat in the diet. Those on milk free diets may lack sufficient quantities of these bacteria. Excess refined sugar contributes to abnormal intestinal flora which can also lead to deficiency.

- **Stress** - The need for B vitamins increases during periods of stress due to illness or tension whether in the home or work place.

**Glyco Plex** is an excellent B-complex maintenance formula. Because of their water solubility, excesses are excreted, not stored; therefore, B vitamins must be continually replaced.

**WARNING:** This information is provided for health care professionals only. This publication and the product contained herein have not been approved or evaluated by the Food and Drug Administration. This publication, and the product contained herein are not intended to diagnose, treat, cure or prevent any disease. The product relates to nutritional support only.

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