

I really wanna B healthy...

So, if you do want to be healthy, take your B vitamins!

If you don't eat a lot of salmon, leafy greens, meat/ poultry, legumes, and especially if you are getting a bit older, you may be lacking B vitamins.

What Bs am I talking about? All of them. Do not take just one of the group-you need all of them together-it is aftercall B "Complex".

Just some more info....

B complex is also known as "The Happiness Vitamin"-they really improve energy and mood.

Low level of B12 is primarily associated with malabsorption of food, and low B6 levels are often due to the body needing more of it as you get older.

Lack of folate and other B vitamins can lead to a higher risk of degenerative diseases including heart disease, cognitive dysfunction, and osteoporosis.

Yikes, no one wants that.

So can taking a good B complex can help with these issues? Yup.

At Thorburn Chiropractic and Wellness Center, we carry a quality line of organic, food-based nutrients. Easily absorbed, no stomach upset. Cataplex Core-B is the best B complex supplement, containing all the Bs in their most natural and balanced form.

Ask me about them next time you are in the office.