



User s Guide to the B-Complex Vitamins

By Dr Burt Berkson M.D., Ph.D., Arthur J Berkson

Basic Health Publications, United States, 2006. Paperback. Book Condition: New. 213 x 94 mm. Language: English . Brand New Book. The B-complex vitamins are a family of nutrients that play multifaceted and essential roles in health and preventing disease. They are needed to make and repair DNA and increase energy levels-both key steps for slowing the aging process. Some B vitamins are needed to make mood-enhancing neurotransmitters, such as serotonin, and can have powerful antidepressant benefits. The B vitamin folic acid reduces blood levels of homocysteine, a known risk factor for heart disease, stroke, cancer, and Alzheimer s disease. Vitamin B12 is needed for normal mental function, and low levels can mimic senility. This book explores the remarkable benefits of these and the rest of the B-complex family of vitamins.



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