

# B

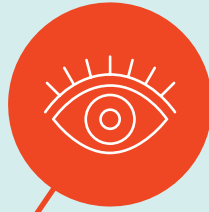
## What else does Vitamin B do?

B vitamins are great to boost your energy, but there are other benefits that you may not know about...



### Keep Your Weight in check!

The thyroid gland controls how quickly the body uses energy and makes proteins. Vitamin B2 has been shown to help regulate the thyroid, which is essential for maintaining a healthy weight.



### Eye on the Prize!

Cataracts occur when the cells of the natural lens inside your eye begin to break down. Preliminary evidence suggests that vitamin B1 — as part of a B-vitamin complex — may lower the risk of developing cataracts.



### Protect the heart!

Homocysteine is an amino acid that, if not checked, can be a risk factor for heart and blood vessel disease. Vitamin B12 helps the body metabolize homocysteine.



### Beauty Starts Within!

Great looks start from the inside. Vitamin B7 — also known as biotin — is recommended for strengthening hair and nails.



### De-Stress!

Stress starts in your head — literally and figuratively. Vitamin B5 has been called the “anti-stress vitamin” because it detoxifies brain tissue to help relieve physical and emotional stress.



### Immune System Supporter!

White blood cells are your body's defense team, so it's important to keep them primed. Vitamin B6 assists in maintaining white blood cells so they can do their job.