



Vitamin C, D, and E: It seems like we always hear about these for healthy skin and nails. But what about Vitamin B? Let me tell you why this vitamin should be A-listed.

#### What exactly is a "Vitamin B Complex"?

The short answer is that a vitamin B complex is all B vitamins grouped together.

#### The long answer... kept short

A vitamin B complex is a grouping of all water-soluble vitamins, with the exception of vitamin C. Your body naturally depletes itself of these vitamins faster than other nutrients because when you urinate or perspire you're also flushing them away.

Fat-soluble vitamins, like vitamins A, D and E, can be stored in the body and released during a lapse in intake, allowing for periods without ingesting any. B complex vitamins get used up daily, meaning once you're out of them, you're out until you replenish.

#### What it does for you

Get the most energy from your food.

#### Get a balanced blend of B vitamins

With its Nutrilock® coating to make swallowing the tablets easier, the **Nutrilite® Natural B Complex** provides a balanced blend of B vitamins.

- Assists in the release of energy from fats, carbohydrates, and proteins
- Helps maintain a healthy heart
- Helps support normal homocysteine (an amino acid) levels that are already within normal ranges
- Helps to meet your nutritional needs that are brought on by stressful living
- Contains folic acid
- Provides a balanced blend of B vitamins, which assist in the release of energy

#### Are there any additional benefits of a B Complex?

It can help you lose weight, reduce your risk for certain diseases, improve your memory, reduce migraine headaches and improve your hair, skin and nails.

#### Tags

Nutrilite Vitamin B

#### Share on

f FACEBOOK t TWITTER + PINTEREST P GOOGLE+ in LINKEDIN e EMAIL

#### Bio



#### Neely Adkins

Social media specialist for Amway, Nutrilite and Artistry

#### Latest Posts

PREVIOUS ARTICLE  
BEAUTY + HEALTH PRETTY POPS

NEXT ARTICLE  
SPORTS NUTRITION THAT WON'T GET YELLOW CARDED

#### You may also like

THE BEST OF NATURE: WHAT IS ORGANIC FARMING?

TIME TO SLIM DOWN FOR SUMMER

FROM SEED TO SUPPLEMENT: WHY NUTRILITE?

#### Leave a Reply

Your email address will not be published. Required fields are marked \*

#### Comment

#### Name \*

#### Email \*

#### Website

POST COMMENT

#### LATEST POSTS



Vitamins & Supplements  
THE BEST OF NATURE: WHAT IS ORGANIC FARMING?



Make Up & Cosmetics  
ARTIST'S TIPS: 5 WAYS TO APPLY FOUNDATION



Healthy Living, Vitamins & Supplements  
TIME TO SLIM DOWN FOR SUMMER

SUMMER

#### SITE AUTHORS



#### TAGS

Amway Amway CSR  
Amway (BO) Amway One by One  
Antioxidant Archives Artistry  
Beauty Beauty tip BodyKey  
Breakfast Coaches Poll  
Coaches Trophy Cosmetics  
Easter Seals Exercise Hair  
Haircare Hair Care  
Hair Products Health  
Healthy Living Hero Awards  
IBO Kids Look Makeup  
Makeup Makeup Brushes  
Nutrilite Nutrition  
Phytonutrients Product  
Research Sensitive Skincare  
SPF Sports Nutrition  
Sun Damage Sunscreen  
Supplement Supplements Tips  
Vitamins We Are Amway

#### ABOUT AMWAY CONNECTIONS

People, Places, Possibilities - Amway exists at the intersection of all three. Founded in 1959, Amway North America serves Amway Business Owners in the U.S., Canada, Puerto Rico, and various trust territories and independent island nations in the Pacific and Atlantic Oceans, and Caribbean Sea.

Amway Connections is the official blog of Amway North America.

#### LATEST POSTS



Vitamins & Supplements  
THE BEST OF NATURE: WHAT IS ORGANIC FARMING?



Make Up & Cosmetics  
ARTIST'S TIPS: 5 WAYS TO APPLY FOUNDATION



Healthy Living, Vitamins & Supplements  
TIME TO SLIM DOWN FOR SUMMER

#### SITE AUTHORS



EMILY  
TAPHOUSE



NEELY  
ADKINS



ANNELIESE  
WOOLFORD



NATALIA  
RUIZ