



Yard B-Complex

(Natural Plant Based)



50

**VEGAN
CAPSULES**

Vitamin B complex





Vitamin B is a water-soluble vitamin that helps our body function properly. It is naturally found in foods and the requirement of vitamin B is essential for bodily functions. There are 13 types of vitamins and among them, 8 vitamins are from B complex. Vitamin B is essential to yield energy in our body as it helps the body to use nutrients like carbohydrates, protein and fat to produce energy. If there is a deficiency of vitamin B it can negatively impact the body's ability to produce energy.

B1








Vitamin B1

Thiamine also known as vitamin B1, is widely known for its role in preventing Beri-Beri disease. It helps to yield energy from glucose and plays a role in nerve functions.

Benefits

-  It converts food into fuel which the body uses to produce energy
-  Helps to control diabetes
-  Helps to fight against depression
-  Improves memory

Source

-  Wheat germ
-  Wheat bran
-  Whole grain cereal
-  Legumes
-  Seeds
-  Soybean
-  Cowpea

Deficiency can cause

- Loss of appetite or anorexia 
- Decrease in muscle tone 
- Increase in depression & confusion 
- Neurological problem 
- Wernicke encephalopathy 
- Beriberi 

RDA-1.8mg/day



Vitamin B2

Vitamin B2 is also known as Riboflavin or Vitamin-G. It is primarily involved in energy production and helps in improving skin health.

Benefits

- Improves body energy.
- Improves eyesight.
- Improves skin health.
- Improves heart health.
- Boosts immunity.



Deficiency can cause

Source

- Milk & milk products
- Eggs
- Liver
- Green leafy vegetables
- Almonds
- Soybean

- Iron-deficiency anemia
- Inflammation of the tongue
- Dry skin
- Cracked lips
- Mouth ulcers
- May cause respiratory infections

RDA-2.5mg/day





Vitamin B3

Vitamin B3 is also known as niacin, a water-soluble vitamin. It is also formerly known as nicotinic acid. Plays a vital role in the release of energy from all the energy-yielding nutrients - carbohydrates, fat and protein

Benefits

- Improves energy.
- Needed in the formation of DNA & RNA.
- Improves the nervous system.
- Improves digestive system.
- Improves skin health.
- Helps to reduce cholesterol.
- Boosts brain function.

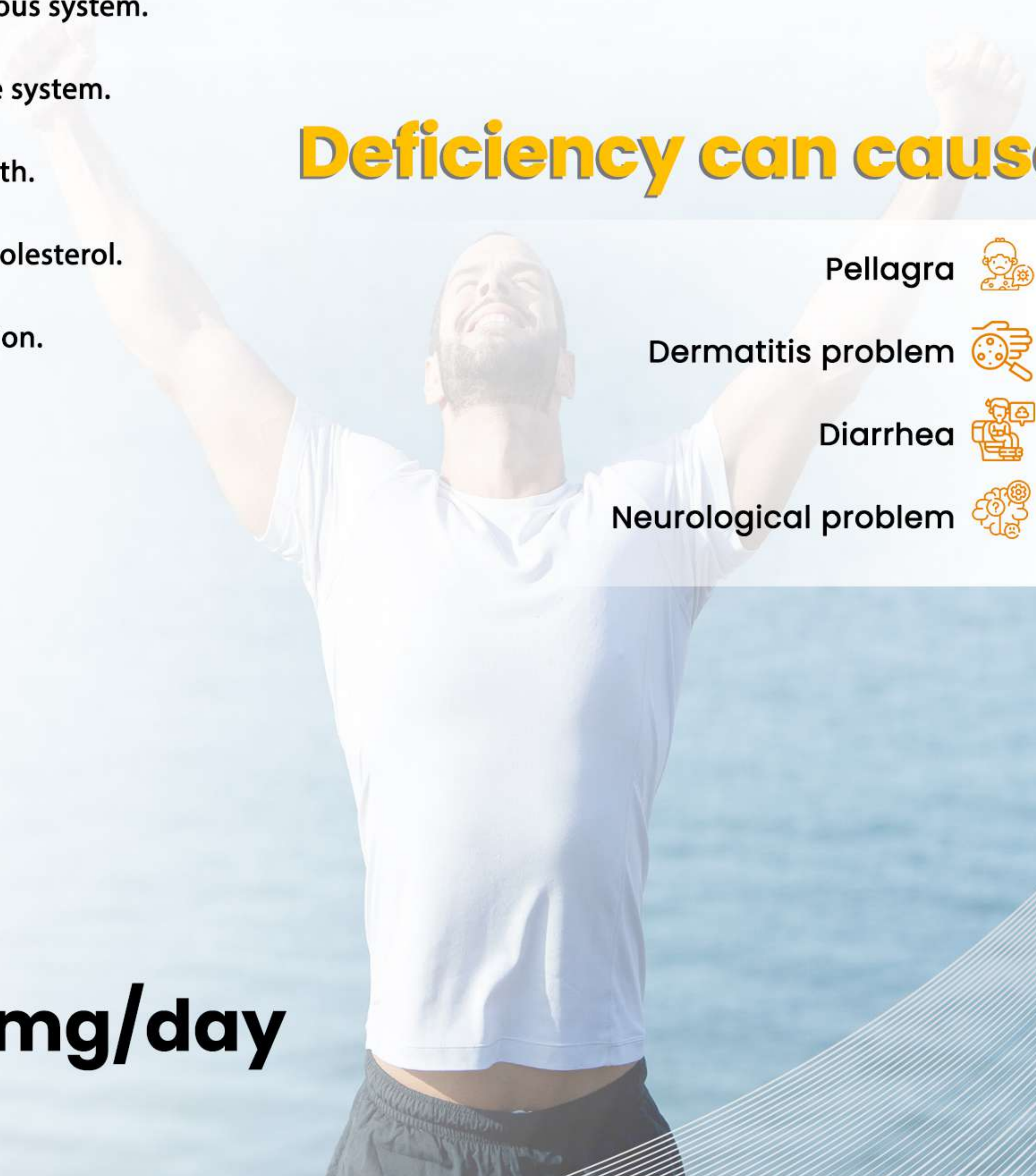
Source

- Groundnut
- Whole cereal
- Pulses
- Meat

Deficiency can cause

- Pellagra
- Dermatitis problem
- Diarrhea
- Neurological problem

RDA-18mg/day






Vitamin B5

Vitamin B5 also known as Pantothenic acid plays a vital role in cellular metabolism and regulation.

Benefits

-  Helps in energy production
-  Essential for red blood cells
-  Produces hormones related to sex & health
-  Helps to lower cholesterol level
-  Promotes healthy skin, hair and eye
-  Improves cognitive function
-  Reduces inflammation in the body
-  Provides relief from rheumatoid arthritis
-  Helpful for anxiety & fatigue
-  Improves athletic performance

Deficiency can cause

-  May cause depression
-  May cause insomnia
-  May cause upper respiratory infections

RDA- 5mg/day

Source

- Broccoli 
- Mushroom 
- Avocados 
- Potatoes 
- Sweet potato 
- Cauliflower 
- Legumes 
- Tomato 
- Soybean 
- Whole grains 
- Milk 
- Milk products 
- Egg yolk 
- Organ meat 

Vitamin B6

Vitamin B6 is known as pyridoxine. It is a water-soluble vitamin naturally present in food and dietary supplements.




Benefits

-  Prevents anaemia
-  Improves mood
-  Promotes brain health
-  Eases nausea during pregnancy
-  Protects heart
-  Reduces the chance of cancer
-  Lowers risk of eye disease

Source

- Fish 
- Organ meat 
- Muesli 
- Wheat germ 
- Potato 
- Banana 
- Apricot 
- Quinoa 

Deficiency can cause

-  Skin rashes
-  Weak immune system
-  May lead to anaemia






RDA-2.4mg/day

B7

Vitamin B7

Vitamin B7 is also known as biotin. It is involved in metabolic processes related to the utilization of fats, carbohydrates and amino acids.





Benefits

-  Increases metabolism of the body
-  Improves nervous system
-  Improves hair skin and nails
-  Supports liver health
-  Supports eye health

Source

- Sweet potato 
- Mushroom 
- Avocados 
- Nuts & seeds 
- Banana 
- Broccoli 
- Sunflower seeds 
- Egg yolk 

Deficiency can cause

-  Neurological problems
-  Hair fall, brittle nails, cracked corners in the mouth
-  Increase in psychological problems
-  Weak immune system




RDA-40mcg/day

B9




Vitamin B9

Vitamin B9 is also known as folate or folic acid. It is important in colour cell formation and for healthy cell growth and function. The nutrient is very important in pregnant women to reduce birth defects of the brain & spine.

Benefits

-  Helps to prevent anemia
-  Helps in DNA synthesis
-  Enables Tissue growth & cell formation
-  Improves brain functions
-  Beneficial in pregnancy period
-  May reduce heart disease
-  Supports neurological problem

Deficiency can cause

-  May lead to anaemia
-  May cause cancer & heart disease
-  This may increase the risk of placental abruption

Source







- Dark leafy vegetables 
- Nuts 
- Citrus fruit 
- Whole grain 
- Cereal 
- Bread 
- Rice 
- Beans 
- Cornmeal 

RDA-300mcg/day

B12 Vitamin B12

Vitamin B12 is also known as Cobalamin. It is a water-soluble vitamin, that plays a vital role in metabolism.





Benefits

-  Helps to prevent anaemia.
-  Helps to prevent major birth issues.
-  May support bone health and prevent osteoporosis.
-  May improve mood and symptoms of depression.
-  May improve brain & memory.
-  May support healthy skin hair and nails.

Source

- Fish 
- Yoghurt 
- Cheese 
- Banana 
- Whole wheat bread 
- Beans 
- Spinach 
- Egg 

Deficiency can cause

-  May lead to anaemia
-  May decrease the immune system
-  May cause neurological damage
-  May cause mouth ulcers

RDA-2.2mcg/day

Effects of synthetic products on our bodies

Natural vitamin B2 is absorbed in the blood and retained in the liver 1.92 times more than synthetic B complex. Synthetic supplements harshly affect our bodies and may lead to many health issues. As they contain chemical or synthetic components it hence may not work on the body in the long term.

Importance of vitamin B complex

Increases metabolism of the body ●

Increases blood cells ●

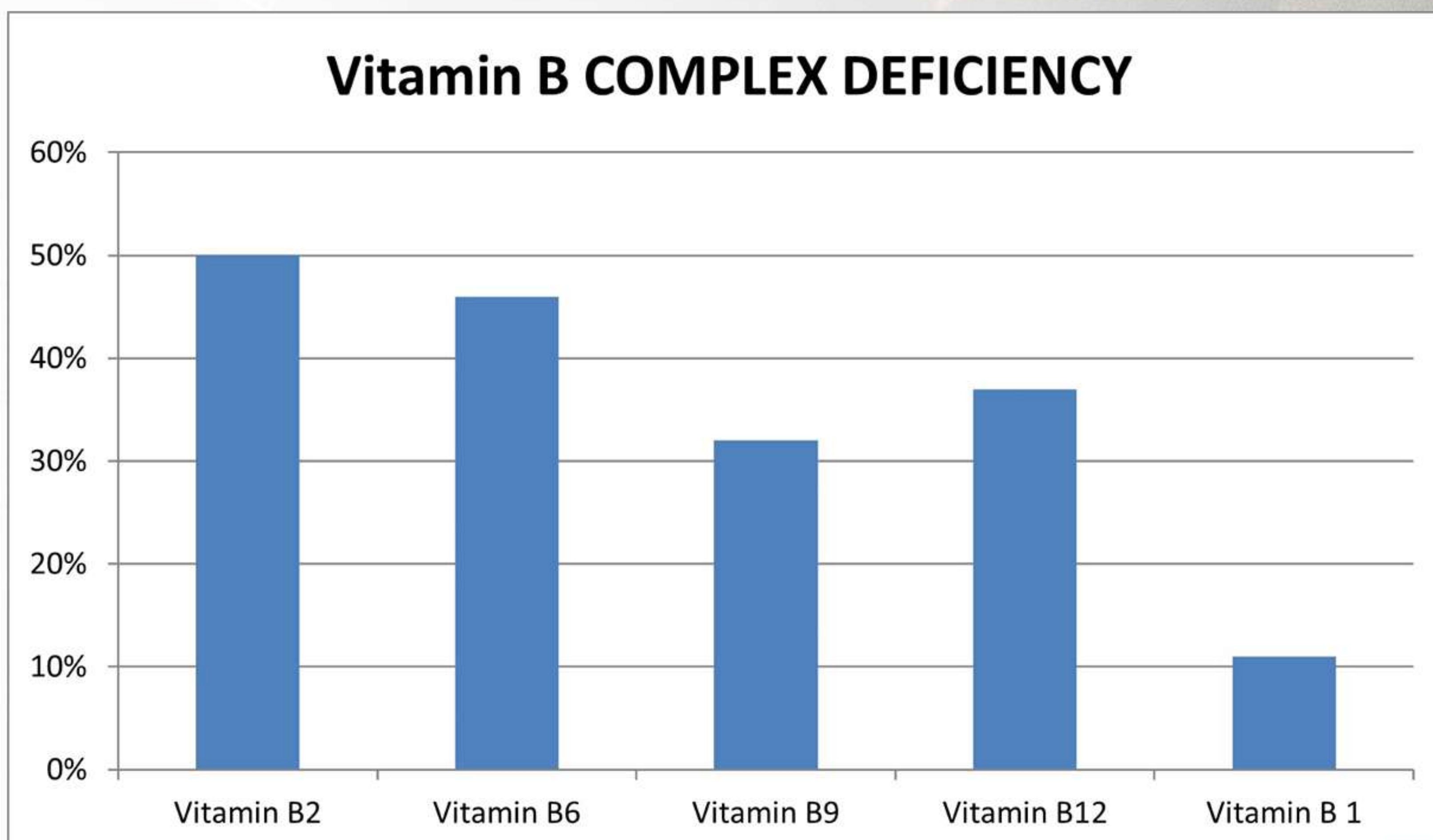
Improves the brain & nervous system ●

Improves heart health ●

Improves skin health ●

Vitamin-B complex deficiency

It is seen in a survey that Indians are suffering from a lack of vitamin B complex and as a result, they are suffering from many diseases.



Source: (Epub 2019, Jan 28)

Ingredients and Benefits



Guava (*psidium guajava*)

- May help to reduce blood sugar
- May support cardiovascular health
- May have anti-cancer properties
- May support weight management
- May be beneficial for digestive health

Indian gooseberry (*Phyllanthus emblica*)

- Ensures better digestion
- Ensures better eye health
- Boosts immunity
- Improves memory & brain health
- Regulates endothelial function
- Reduces blood pressure level





Curry leaves (*murraya koenigii*)

- Improves digestion ●
- Manages diabetes ●
- Promotes heart health ●
- Enhances hair health ●
- Aids weight loss ●
- Boosts eye health ●
- Supports liver health ●
- Improves skin health ●

Papaya (*carica papaya*)

- Ensures better eyesight
- Cures asthma
- Prevents cancer
- Improves bone health
- Controls diabetes
- Improves hair health





Holy basil

(Ocimum sanctum)

- Reduces stress and anxiety ●
- Lowers blood sugar level ●
- Reduces inflammation ●

Lemon

(Citrus lemon)

- Lowers risk stroke
- Prevents cancer
- Maintains a healthy complexion
- Prevents asthma
- Increases iron absorption
- Boosts immune system
- Helps in weight loss





Fenugreek (trigonelle foenum)

- Controls diabetes ●
- Controls blood pressure ●
- Increases breast milk production ●
- Reduces menstrual cramps ●
- Reduces PCOD ●
- Increases athletic performance ●

Moringa (moringa oleifera)

- Protects & nourishes skin
- Treats oedema
- Protects liver
- Prevents cancer
- Treats stomach upset
- Prevents rheumatoid arthritis
- Protects cardiovascular system
- Treats asthma
- Treats anaemia



Vegetable hummingbird

(*sesbania grandiflora*)



- Reduces cholesterol ●
- Prevents anaemia ●
- Improves cardiovascular health ●
- Prevents hair loss ●
- Improves skin health ●
- Improves reproductive system ●
- Improves immune system ●
- Reduces kidney stone ●

Arthrospira platensis

(Spirulina)

- Increases immune system
- Reduces stress & mental strain
- Improves blood sugar
- Improves oral health
- Reduces fatigue



Black cumin

(*nigella sativa*)

- Improves gut health
- Prevents asthma
- Helps to lower cholesterol
- Reduces kidney stone
- May prevent pancreatic cancer
- Improves women health
- Increase fertility
- Helps to lose weight



How To Use?

Recommended to take 1 capsule after meal.



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