



# Purely-B™ Whole Food B Vitamins

Purely-B is the only truly natural, whole food, complete vitamin B supplement available. Purely-B consists only of food which is super-rich in natural B complex. These food concentrates are pure, whole food rice bran and polish, raw royal jelly powder, torula yeast, and red sour grape powder. These are the most potent natural food B complex sources known. B vitamins are essential for life. That is why Purely-B is crucial. All people need extra B complex, and only natural sources of the B vitamins are proven effective. Get your B vitamins naturally through Purely-B's power.

These whole foods provide a full spectrum of vital B complex vitamins unavailable from any one source. All the B complex nutrients are represented (B-12 in trace amounts). Plus, unlike synthetic vitamins these are highly digestible sources of B complex. Regardless, synthetic B complex is often derived from crude oil or coal tar. Furthermore, B complex is now often made through a dangerous process known as genetic engineering. This leads to noxious compounds and secondary metabolites which may contaminate the B complex synthetics. This means that, in fact, the typical B complex supplement is not natural but, rather, is synthetic, containing many substances unknown in nature.

Rice bran is a super-food. It contains an amazing number of nutrients. It is an excellent source of gamma-oryzanol, which is the subject of considerable research. Rice bran is rich in vitamin E, thiamin, riboflavin, niacin, vitamin B-6, folate, calcium, iron, magnesium, phosphorous, potassium, zinc, copper, manganese, selenium, and much more. The rice bran in Purely B is parboiled for a precise amount of time to inactivate the oxidative enzyme so that the whole array of nutrients is available and to prevent spoilage.

The royal jelly in Purely-B does not have to be frozen or refrigerated, because of the proprietary formulation that keeps it preserved naturally. Thus, Purely-B is B complex and much more. It is one of the densest sources of B vitamins and vital sterol compounds. These are the most potent active ingredients available from royal jelly. Royal jelly also contains a trace amount of natural vitamin B-12.

Torula yeast has high digestibility and adds natural amino acids to our Purely B formulation. This type of yeast is also naturally high in B vitamins.

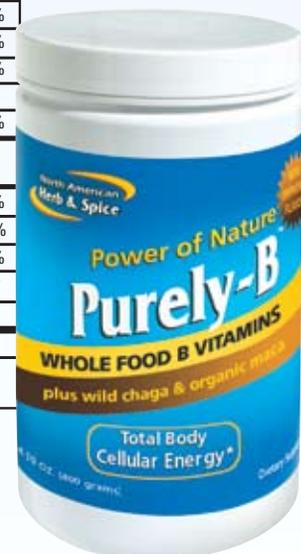
Red sour grape powder is added as a source of chromium, and this mineral actually increases the potency and activity of B vitamins.

Individual vitamins found in nature are different than synthetic. This is true structurally and biochemically, that is, in their actions. The point is that the natural ones are far more powerful, because unlike synthetic vitamins they are electrically charged. This means that these molecules are active at the cellular level, while in contrast, the synthetic versions, electrically dead, are inactive. That is why they are flushed through the body into the urine.

So, for biological B complex power take Purely-B daily. Feel the difference of natural, biological energy; this is the energy that only pure, unaltered nature can provide. Look at the label, and check the nutrient density of this supplement. It is truly in a league of its own. Purely-B is a significant source of soluble fiber. When added to a shake or smoothie, it makes a superlative meal replacement.

**Directions:** Take 2 to 4 tablespoons daily in juice, milk or in a smoothie. Mix 1 or 2 tablespoons into hot or cold cereal. Ideally, mix with whole organic milk and carob molasses for a lovely flavor.

Supplement Facts	
Serving size: 1 tablespoon (14g) Servings per container: 28	
Amount Per Serving	% Daily value
Calories 46	Calories from fat 18
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 136mg	5%
<b>Total Carb.</b> 5g	2%
Dietary Fiber 2g	8%
Sugars 1g	
<b>Protein</b> 2g	4%
Vitamin A 0% Vitamin C 21% Iron 6% Calcium 0% *% Daily Values based on a 2000 calorie diet.	
<b>Thiamin</b> 1mg	70%
<b>Niacin</b> 6mg	30%
<b>Vitamin B<sub>6</sub></b> 0.3mg	15%
<b>Folic Acid</b> 124mcg	30%
<b>Choline</b> 41mg	8%
<b>Riboflavin</b> 0.3mg	20%
<b>Pantothenic Acid</b> 1mg	12%
<b>Biotin</b> 8mcg	2%
<b>Vitamin B<sub>12</sub></b> 0.03mcg	*
*Contains less than 20% of the daily value of this nutrient.	
Ingredients: rice bran, rice germ, torula yeast, royal jelly powder, wild, raw chaga, organic roasted maca	



To place an order: North American Herb & Spice, P.O. Box 4885, Buffalo Grove, IL 60089  
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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.