



## Importance of B-Complex

The vitamin B-Complex refers to all of the known essential water-soluble vitamins except for vitamin C. These include thiamine (vitamin B1), riboflavin (vitamin B2), niacin (vitamin B3), pantothenic acid (vitamin B5) pyridoxine (vitamin B6), biotin, folic acid and the cobalamins (vitamin B12).

Each member of the B-Complex group has a unique structure and performs unique functions in the human body.

- **Vitamin B1, B2, B3** and biotin participate in different aspects of energy production.
- **Vitamin B6** is essential for amino acid metabolism and the breakdown and utilization of carbohydrates, fats and proteins.
- **Vitamin B12** and folic acid facilitate the steps required for cell division, metabolic functions, energy production and immune response. Both participate in the conversion of carbohydrates, fats and proteins into energy.

- **Vitamin B5** or pantothenic acid is essential for normal body processes including the metabolism of carbohydrates and proteins and the production of glucose. It assists in the break-down of fats and the production of cholesterol and certain hormones.
- **Vitamin C** is also included in this unique formula and adds a synergistic affect by:
  - boosting immune system
  - anti-inflammatory protection
  - fights fatigue & stress
  - lowers cholesterol

### Each tablet contains:

Vitamin C	500 mg.
Vitamin B-1	50 mg.
Vitamin B-2	50 mg.
Vitamin B-6	50 mg.
Vitamin B-12	50 mcg.
Niacinamide	50 mg.
Folic Acid	400 mcg.
Calcium Pantothenate	50 mg.
Biotin	50 mcg.
Choline	50 mg.
Inositol	50 mg.
PABA	30 mg.

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These statements have not been evaluated by The Food and Drug Administration. In keeping with government regulations, we make no therapeutic or medical claims for any of our products including our nutritional or herbal supplements



# LIPO BC™

Nutritional Elements  
For Proper Utilization of  
Dietary Fats

Lipotropic Nutrients  
for a Healthy Liver

Increase Metabolism &  
Reduce Body Fat

# ALL ABOUT LIPO BC™

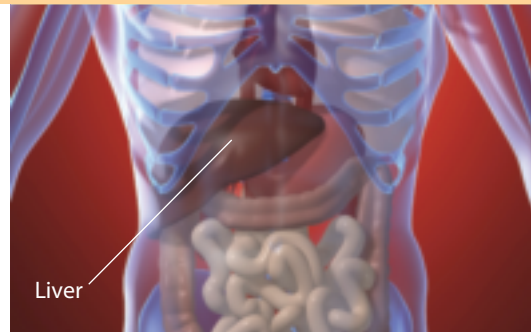
Lipotropic literally means “fat-loving” and the term is used to refer to substances that are able to help the liver metabolize fats and remove them from the blood stream. Lipotropic nutrients increase production of lecithin by the liver thereby helping to keep cholesterol more soluble and lessening deposits in blood vessels. They help prevent accumulation of fats in the liver. They also detoxify amines, which are by-products of protein metabolism.

Besides improving fat metabolism, lipotropics will also aid in the metabolism of fat soluble nutrients and aid the liver in its other metabolic functions such as the processing of hormones, estrogen, sulfa-drugs, glucose and glycogen.

Lipo BC™ is a lipotropic formula with B-complex. It contains 3 key nutrients, Choline, Inositol and Biotin. These powerful ingredients act by both increasing your body's metabolism to burn fat and by aiding your body in removing and transporting fat out of your body.

## FEATURES & BENEFITS

- Boosts energy
- Increases activity of nervous system
- Essential for acceleration of cell renewal
- Enhances red blood cell production
- Assists in stress management
- Improves concentration & memory
- Reduces toxic levels of homocysteine (a contributing factor in heart disease and stroke)



## LIPOTROPIC NUTRIENTS EMULSIFY FAT

Lipotropic factors, choline and inositol help keep lipids (fats) emulsified in the blood-stream and help reduce the buildup of unwanted fat in the liver. Lipo BC™ is formulated with lipotropic factors that may provide nutritional assistance in the mobilization and utilization of dietary fats.

Choline is one of the lipotropic nutrients found in Lipo BC™. Choline aids in emulsifying cholesterol so that it doesn't settle on arterial walls. Choline helps to build cell membranes and facilitates the movement of fats and nutrients in and out of cells. It prevents accumulation of fats in the liver, and is essential to liver and kidney health.

Inositol, another lipotropic nutrient is an essential component of cell membrane phospholipids. Low inositol levels contribute to a fatty liver that is common in diabetes. Inositol is involved in the synthesis of phospholipids, which are essential to the digestion and absorption of fats, facilitating the uptake of fatty acid by the cells, and regulating the transport of material in and out of the cells. Inositol metabolizes fats and cholesterol and aids in the re-distribution of body fat. It is also a member of the B-Complex group.

## COMPLETE METABOLIC BALANCE

Lipo BC™ is specially formulated to provide nutrients that support the body's own synthesis of lipotropic factors and key elements for proper metabolism of fats and cholesterol.

Biotin is one of these key elements that are necessary for the metabolism of carbohydrates, fats and proteins. Biotin is a coenzyme that helps the body use glucose (the basic fuel of the body) and assists in the control of blood sugar levels. Biotin is made in our bodies by intestinal bacteria. Supplemental use of biotin may be useful in nausea, high blood cholesterol, nervous system disorders, memory loss and depression.

## SAFE AND EFFECTIVE WAY TO LOSE WEIGHT

Lipo BC™ is vital to weight loss programs and may assist in the following areas:

- Increases metabolism to burn fat
- Removes and transports fat out of the body
- Prevents abnormal accumulation of fat in the liver
- Increases production of lecithin
- Detoxifies and improves liver function

