

Selekta® “Professional Formulations”®

Offering Canadian professionals a clear choice for quality

Selekta B#1

*Synergistic Vitamin B1
plus B complex*

Product Code: S-101
60 Capsules



INGREDIENTS:	MECHANISM:
Vitamin B1 (Thiamine HCl) 250 mg	Is required in every cell in the body to make ATP for energy.
Vitamin B2 (Riboflavin 5' Phosphate) 25 mg	Co-factor in cytochrome P450 enzyme system
Niacinamide 80 mg	Has anti-anxiety activity resembling benzodiazepines.
Vitamin B5 (Calcium Pantothenate) 50 mg	Plays a number of essential metabolic roles including the production of some hormones and neurotransmitters.
Vitamin B6 (Pyridoxal 5' Phosphate) 25 mg	Is an essential co-factor for 5-hydroxytryptophan decarboxylase (tryptophan to serotonin pathway).
Vitamin B12 (Cyanocobalamin) 100 mcg	It is essential for the formation of RBC's and aids in the function of the nervous system.
Folic Acid 0.2 mg	Is essential for formation of RBC's and WBC's and is also involved in the biosynthesis of nucleic acid including RNA/DNA.
Biotin 80 mcg	Assists the biosynthesis of amino acids, nucleic acid and fatty acids. It supports utilization of other B vitamins.
<u>Lipotropic Factor</u> : Choline Citrate 40 mg	Contains three methyl groups which enable it to serve as a methyl donor in many biochemical pathways.
Non-Medicinal Ingredients:	
Magnesium Citrate, L-leucine, Silicon Dioxide	As required to fill capsule.

— MANUFACTURED IN CANADA FOR CANADIAN PROFESSIONALS —

Distributed exclusively by A.N. TYLER DISTRIBUTING LTD.

Surrey, B.C. — telephone: (604) 530-3639 — facsimile: (604) 530-0228 — Toll Free Order Line: 1-800-663-6369

ADULT DOSAGE:

One capsule daily or as recommended.

DESCRIPTION:

Thiamine is integral with other B vitamins, therefore, **SELEKTA B#1** has been synergistically formulated and balanced. Thiamine exerts metabolic actions mainly affecting the nerves, muscles and cardiovascular system. It is a water soluble vitamin and is not stored in the body. Vitamin B1 must be phosphorylated in order to be metabolically active. It combines with two molecules of phosphoric acid to form the important co-enzyme thiamine pyrophosphate (TPP). TPP performs oxidative decarboxylation reactions in the Krebs cycle. Vitamin B1 is required in every cell of the body to make ATP, and it plays a major role in the conversion of blood sugar into biological energy. Vitamin B1 is also required for the synthesis of acetylcholine, a primary neurotransmitter involved in memory.

INDICATIONS:

Depression, diabetic neuropathy, cardiovascular disease prevention, nerve damage, fibromyalgia, learning disabilities, carpal tunnel syndrome, alcoholism, diabetes, insomnia, sciatica, and psychiatric illnesses.

POSSIBLE SIDE EFFECTS:

Accumulation to toxic levels is very unlikely, since thiamine is a water soluble vitamin and not stored in the body (multiple gram dose ranges would be required to create a toxic level).

POSSIBLE INTERACTIONS:

Drugs which can cause depletion of Vitamin B1 include: Loop diuretics (Bumetanide, Ethacrynic acid, and Furosemide), phenytoin, ethanol, theophylline and antibiotics.

PRECAUTIONS:

Acceptable in pregnancy?	NO	COMMENTS: RDA daily level = 1.5 mg/day
Suitable when nursing?	NO	COMMENTS: RDA daily level = 1.6 mg/day
Suitable for children?	Adjust	dose per body weight
Suitable for diabetics?	YES	COMMENTS: Only at recommended levels.
Suitable for vegetarians?	YES	
Take with food.	YES	COMMENTS: Food enhances absorption of B vitamins.

REFERENCES:

Natural Therapeutics Pocket Guide, J. LaValle, et al.
Alternative Medicine, The Definitive Guide, the Burton Goldberg Group.
Drug-Induced Nutrient Depletion Handbook, R. Pelton, J. LaValle, E. Hawkins, D. Krinsky.