
A memo from the desk of Dr. Rody

Dr. Rody Hawkins, Ph.D.

Re: What about B-Vitamins, do we need to add these for energy?

Many energy drinks and bars like to boast about the presence of B-Vitamins and the amounts they add to their product. Meat is the best, most balanced and most complete source of B-Vitamins, naturally! In fact, Vitamin B-12 is almost exclusively found in meat! B-Vitamins are a loose group of vitamins with complex structures that normally work together for energy production, cellular metabolism and production of neurotransmitters, which conducts messages to and from the brain. B-Vitamins are not energy; they release energy from carbohydrates, proteins and fats. Because of the immense importance of B-Vitamins to the well-being of humans, they are chemically added to bread, cereal, prepared meals, energy bars and energy drinks. Some B-Vitamins are not stable outside of their natural protein structure, so these Vitamins are bound to other ingredients creating compounds not found in nature. The naturally occurring B-Vitamins in meat are in the proper proportion and bound with proteins for complete digestion and released at the appropriate time. B-Vitamins found in the Synergy Stick are natural and in the right proportion to provide you with energy and nutrition that will satisfy for a long time. Because the Synergy Beef Stick is a food product and not a supplement, we cannot make claims about the levels of B-Vitamins in the product; but rest assured, they are in there and naturally in the right proportions. B-Vitamins are water-soluble and thus are not stored in the body for any long periods of time. Therefore, it is important to daily replenish your levels of B-Vitamins.

Rody