

VITAMIN G COMPLEX

The first intimation that the vitamin G complex existed occurred when it was found that there was doubt about the identity of the "beri-beri curing complex and the growth promoting factor" in foods. (1)(1921). Note that at this early day the word Complex was used. The growth factors were classed later as the G group of vitamins, and since they were separable by precipitation with alcohol from the beri-beri preventing complex, it was obvious that they were protein in nature. Later the proteins were found to be enzymes, and riboflavin and a dozen or so other flavins split off and identified as essential components, plus the pellagra-preventive group and the anemia-preventive group.

Where did the idea become extant that a vitamin was a single chemical substance? Only after fractions were synthetically made, and sold with the idea that such fractions were of vitamin value. No natural vitamin has ever been made to my knowledge that was a single synthesizable fraction. It is impossible to even by repeated crystallization to eliminate accompanying factors that also take part in physiological processes, like the case of natural thiamin which cannot be separated from the B₄ fraction which is essential to prevent the nerve paralysis that develops in beriberi along with the polyneuritis. (2)

The original G complex then, contained that entire group of B vitamins that were linked with enzyme systems. Today that family has so increased that we find B₁₅ the last mentioned of the group, and most of these subdivisions are in their own right COMPLEXES too.

Eddy & Dalldorf in 1937 defined the G complex as including the flavines and the pellagra-preventive factors, (the pyridoxine complex and the niacin complex.) They also suggested the inclusion of the anti-dermatitis factor, vitamin H - later called Biotin.

So much for the historical side. What we need to know today is how to identify the type of deficiency reaction we must look for to keep our health in this funny world of counterfeit foodstuffs. There are various vitamin G complexes on the market, when you feel the need for one be sure that you get one that is reputed to perform as it should, for the clinical test on human subjects is the only way to be sure that the right factors are present. Each species may need a different kind of some of the vitamin G components, so animal tests are useless in the case of this group of vitamins. (3)

Symptoms of G complex deficiency:

1. Roughness, cracking and exfoliation of skin on soles of the feet.
2. Excessive oiliness of skin of face and nose.
3. Cheilosis. (Cracking of skin and lesions at angles of mouth, dry, chapped and fissured lips, soreness and burning of lips, mouth and tongue)
4. Allergic tendencies, probably secondary to pancreas inhibition and reduced ability to digest proteins, permitting such proteins to enter the blood at lesions in bowel. Such lesions, leading to mucous colitis are common, first noted as burning and irritation in rectal area, or as alternations of constipation and diarrhea.

5. Fatigue. No stamina, patient tires easily, may be mentally low, pessimistic, cannot concentrate, "complains of weakness and general discomfort."
6. Sensitivity to sunburn, dermatitis in forms that show symmetrical determination, a result of spinal cord changes that alters skin reactivity in specific areas.
7. Engorged capillaries of cornea of eye. Reddened tongue, with similar engorgement.
8. Susceptibility to lesions secondary to engorged capillaries - such as coronary thrombosis, blood sludging, cerebral hemorrhage or thrombosis.
9. Liver disease, cirrhosis and loss of fat metabolizing ability follows lack of the G complex, thiamine in its synthetic form causes this condition unless accompanied by the natural G complex factors. First symptoms may be edema (swollen ankles), unbalanced sex hormone status due to failure of the diseased liver to properly eliminate or detoxify estrone or alpha-estradiol. (4)
10. Hyper-estrogenic reactions: In the female, menorrhagia, metrorrhagia, cystic mastitis, premenstrual tension, hyperadrenia. In the male, gynecomastia (common among war prisoners), hyperadrenia, possible hypertension.

The general effect of G complex deficiency is fatigue, due to capillary engorgement and stagnation. This brings on the tendency to blood sludging (5) and the consequent tendency to form thrombi and the dangers of coronary thrombosis and cerebral thrombosis. It is well to recall that cancer too, has been called the disease of stagnation, it seems to never occur in tissues supplied with normal circulation, unless a local supply of toxins is present. Further, recent animal tests demonstrate that cancer is far more easily created in those animals that get a low vitamin diet than in animals getting natural unrefined foods. (6)

Psoriasis is an old and stubborn ailment that often responds well to the use of the G complex. Allergies too, often disappear in a few weeks under the use of this vitamin group. The liver produces a detoxifying hormone discovered by the Japanese that they called Yakriton (7) which seems to be a physiological anti-histamine. It is probable that this function of the liver is impaired in G complex deficiency.

Without this natural anti-histamine, we are more susceptible to colds and hasten to try synthetic substitutes that have far less effect, and require our attention to something we would never think about if we had not been cheated of the right vitamin content in our food.

As to the synthetic enrichments supposed to take the place of the natural, never accept that smooth argument. Tests made on such synthetic "enrichments" show that their effect is to actually REDUCE the already low nutritional values of the impoverished product. Test animals died quicker on the "enriched" diet than on the un-enriched. (8) The millions of dollars spent advertising such products do not make the claims true. Careful tests on human subjects confirmed the results. (9) One of the strange facts of modern life is how people will believe

advertising propaganda at the expense of ten to twenty years off their life span.

Synthetic vitamins may have an important place as drugs. They are of no possible value as foods, according to all available tests; they act to destroy nutritional values instead. Our Government should follow the example of Canada, where synthetic products of all kinds are barred from any food use.

1. "The Vitamine Manual" Walter H. Eddy, Williams & Wilkins 1921. P. 24.
2. "The Vitamins and Their Clinical Application" Stepp, Kuhnau & Schroeder, 1938. English translation. Vitamin Products Co. p. 29.
3. "Vitamin News" p. 122. (Vitamin Products Co.)
4. "The Biochemistry of B Vitamins" Williams, Eakin, Beerstecher, Shive. Am. Chem. Soc. Monograph 110. 1950. p. 382.
5. "Sludged Blood" Knisely, Bloch, Eliot, Warner. Science Nov. 7, 1947.
6. "Cancer Research" Engel, Copeland. 12:211-213. (1952)
7. "Tohoku Jol. Exper. Research", Horiuti, Ohsako, 24:505, 1934.
8. "Science", Morgan, Agnes Fay "The Effect of Imbalance in Filtrate Fraction of B Complex in Dogs", P. 261, March 14, 1941.
9. J.A.M.A. 125:2, 175 (May 13, 1944).

Copies of references 3, 5, 6, 8 and 9 available free upon request. Order as "G Complex References".

THE B VITAMINS (Nov. 1952)

- B₁ Thiamin, (1912).
- B₂ Riboflavin, (1933).
- B₃ Pantothenic Acid (1938).
- B₄ Anti-paralysis Factor (Adenylic Acid?) (Coccarboxylase ?)
- B₅ Niacinamide (1934).
- B₆ Pyridoxin (1934).
- B₇ Biotin (1935).
- B₈ Inositol (1928).
- B₉ Folic Acid and P-aminobenzoic Acid (1945) (Latter acts by promoting synthesis of former).
- B₁₀ Feathering Factor for chickens (Elvehjem) (1944) Unknown Composition.
- B₁₁ Growth Factor (Animal Protein Factor ?) Unknown Composition.
- B₁₂ Organic Cobalt (1948).
- B₁₃ Growth factor. (1948) Unknown Composition.
- B₁₄ An anti-anemic factor, essential to cell growth. May interchange with B₉. (1949).
- B₁₅ A universally required cell oxidase (Sajous' Adrenoxidase ?) Pangamic Acid. (1948).

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5. How and Why Synthetic Poisons Are Being Sold As Imitations of Natural Foods and Drugs - Lee Foundation Report No. 6 .05
6. Cancer, A Nutritional Deficiency - Reprint No. 1801
7. Quotations on Vitamins from "The United States Department of Agriculture Yearbook for 1939 - Reprint No. 2203
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