

**Don't Worry; B Happy**  
B VITAMINS = "Vitamins of the Mind"  
Keep you HAPPY (cure for depression) & Coherent  
As per "Idiots Guide to Vitamins" by Pressman &  
"Real Vitamin & Mineral Book" by Shari Lieberman  
Get 100 mg to 300 mg Daily (up to 1,000 mg/day = OK)  
B1 Thiamine B2 Riboflavin B6 Pyridoxine B12 Cobalamin  
(caution: overdose of B6 Pyridoxine is 2000 mg /day)  
Any brand name, any place where they sell vitamins  
Info: ask any Pharmacist & see <http://ARCHURE.NET>  
B HAPPY, copy and pass this around

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