



## The programs of the LENYO Mobile IR-52 device

**You are advised to consult with your physician and healthcare provider before using any LENYO device if you have any concerns regarding your health.**

Names of the protocols and application fields does not involve any claim to the direct improvement of the assigned conditions and physiological functions. These names define the specific adjustment and fine tuning of the device itself to the given condition or physiological function.

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Administering the programs of LENYO Mobile IR52 does not substitute proper life style, nor proper medical care in case of disease related health challenges! IR-52 Programs solely serve the purpose of wellness applications. The statements mentioned in this user manual are merely informational and has NOT been evaluated by the FDA.

**The device is not suitable for treating the symptoms and healthcare problems listed in the program descriptions. They are purely mentioned to help the user to choose the most recommended program.**

- **Anti-aging** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - during the course of prevention related wellness programs
    - age related performance changes (in this case combine **Anti-aging** program with **Digestion, Intestinal Flora** and **Performance** programs)
    - tissue ageing and functional losses
    - maintenance of cell repair functions and stem cell availability
    - when mental performance declines, (in this case combine **Anti-aging** program with **Learning Support** program)
    - when physical performance declines, (in this case combine **Anti-aging** program with **Muscle** and **Performance** programs)
    - aging skin symptoms, even if the symptoms start to occur at a relatively young age (in this case combine **Anti-aging** program with **Digestion, Intestinal Flora, Skin** and **Detox** programs)
    - weather sensitivity symptoms (in this case combine **Anti-aging** program with **Detox, Digestion, Intestinal Flora, Inner Peace** and **Relax** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for ageing pets too
  
- **Bone** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - bone development related discomfort during childhood
    - fractures, bruises of bone structures (in this case combine **Bone** program with **Digestion** and **Anti-aging** programs)
    - complementing bone strengthening therapies (in this case combine **Bone** program with **Digestion, Intestinal Flora** and **Anti-aging** programs)
    - bone metabolic disturbances (including osteoporosis and osteoarthritis)
    - when several symptoms of the so called „metabolic syndrome“ are already detected and also bone density loss is identified (in this case combine **Bone** program with **Digestion** and **Anti-aging** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for ageing pets too

- **Detox** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - during the course of seasonal or prevention related wellness programs and retreats
    - indigestion (in this case combine **Detox** program with **Digestion** and **Intestinal Flora** programs)
    - compromised immune reactions (in this case combine **Detox** program with **Digestion, Performance** and **Vitality** programs)
    - hairloss (in this case combine **Detox** program with **Digestion** and **Intestinal Flora** programs)
    - during and after addiction therapy (in this case combine **Detox** program with **Stress Management, Sleep Support** and **Intestinal Flora** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for ageing pets too
  
- **Digestion** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - during the course of seasonal or prevention related wellness programs
    - weight management programs
    - digestive discomfort
    - bloating (in this case combine **Digestion** program with **Stress Management** and **Intestinal Flora** programs)
    - nausea after a meal
    - reflux
    - constipation (in this case combine **Digestion** program with **Stress Management** and **Intestinal Flora** programs)
    - inadequate or insufficient bowel movement
    - food intolerance related diarrhea (in this case combine **Digestion** program with **Detox** and **Intestinal Flora** programs)
    - chronic immune problems (in this case combine **Digestion** program with **PTSD** and **Intestinal Flora** programs)
      - during the course of medication whe loss of appetite, nausea, or indigestion occure
  - This program may be used daily, preferably during meals and right after eating
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too

- **Headache** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - tension headache (in this case combine **Headache** program with **Stress Management** program)
    - weather change, climatic zone change, altitude change, time zone change or moon cycle related headache (in this case combine **Headache** program with **Vitality**, **Anti-aging** and **Detox** programs)
    - digestion related headache (in this case combine **Headache** program with **Digestion** and **Detox** programs)
    - lack of sleep or chronic fatigue related headache (in this case combine **Headache** program with **Performance** and **Vitality** programs)
    - menstruation cycle related headache (in this case combine **Headache** program with **Menses** program)
    - posture and vertebral column related headache (in this case combine **Headache** program with **Spine** and **Vitality** programs)
  - This program may NOT be used daily for longer then a period of one week
  - **Warning:**
    - **please seek professional medical help in case you suffer from daily severe headaches even in case of lifestyle changes, proper night rest and mental-emotional support!**
    - **in case of suddenly appearing and persisting severe headache or loss of vision acuity go to the doctor immediately!**
  - This program may be used in combination with all other programs
- **Injury and Inflammatory Processes** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - injuries, bruises, scaring processes
    - old scars, remaining signs of former inflammatory processes
    - feverish illnesses (in this case combine **Injury** program with **Stress Management** and **Intestinal Flora** programs)
    - after strenous physical activities, which always cause micro-injuries (in this case combine **Injury** program with **Muscle** and **Detox** programs)
    - after surgical interventions of any kind (in this case combine **Injury** program with **Stress Management** and **Detox** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too

- **Intestinal Flora** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - taking allopathic medication, especially antibiotics
    - lack of raw food, salad and fiber in the diet
    - all kind of metabolic imbalances
    - large intestine related problems
    - chronic constipation (in this case combine **Intestinal Flora** program with **Digestion** and **Stress Management** programs)
    - feeling bloated, gassy at the belly
    - adaptation problems due to climatic and time zone changes (in this case combine **Intestinal Flora** program with **Digestion, Stress Management, Vitality** and **Performance** programs)
    - needing integrative support for weight-loss regime
    - decreased mental performance (in this case combine **Intestinal Flora** program with **Digestion, Stress Management, Vitality** and **Performance** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too
  
- **Inner Peace** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - you need to balance your energy
    - before meditation
    - to stay connected with your spiritual heart
    - before important meetings or exams
    - after distressing moments of your life (in this case combine **Inner Peace** program with **Stress Management, Relax, Vitality** and **Performance** programs)
    - long travel
    - driving
    - before and during sport events (in this case combine **Inner Peace** program with **Stress Management, Vitality, Relax** and **Performance** programs)
    - you need to maintain balance during an emotional crisis situation, including accidents, loss of a family member or friend, divorce (in this case combine **Inner Peace** program with **Stress Management, PTSD, Relax** and **Performance** programs)
    - you want to express your dedication in an activity which require concentration and precise execution (in this case combine **Inner Peace** program with **Performance** program)
    - endure a long waiting time at travelling, before an appointment, in a bank, etc (in this case combine **Inner Peace** program with **Stress Management** and **Relax** programs)
  - This program may be used daily

- This program may be used in combination with all other programs
- This program may be used daily for pets too
  
- **Joints** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - loss of flexibility and work load tolerance in the joints
    - chronic or acute discomfort in the joints (in this case combine **Joints** program with **Injury and Inflammatory Processes** program)
    - manifestation of joint deformities (in this case combine **Joints** program with **Digestion** and **Anti-aging** programs)
    - complementing treatment modalities which target joint cartilage regeneration
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too
  
- **Kidney** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - decreased functional activity of the kidneys
    - urine quality and quantity problems
    - age related kidney problems (in this case combine **Kidney** program with **Anti-aging**, **PTSD** and **Performance** programs)
    - Element Water (kidney) related emotional blocks (in this case combine **Kidney** program with **PTSD** and **Inner Peace** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too
  
- **Ladies' Health** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - psychosomatic problems resulting in hormonal disturbances
    - supporting healthy vaginal flora
    - supporting firm, well-toned breasts
    - optimal program combinations:
      - **Ladies' Health + Anti-aging + Intestinal Flora**
      - **Ladies' Health + Stress Management + Inner Peace**
      - **Ladies' Health + Menses + Libido**
      - **Ladies' Health + Menopause + Libido**
      - **Ladies' Health + PTSD + Digestion**
  - This program may be used daily



- This program may be used in combination with all other programs
- **Learning Support** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - large study materials or learning difficulties (in this case you may combine **Learning Support** program with **PTSD** and **Inner Peace** programs)
    - text memorisation
    - text understanding
    - supporting the ability to recognise essential parts of the content
    - during addiction programs as supporting the development of new behavioural attitudes (in this case you may combine **Learning Support** program with **PTSD**, **Stress Management**, **Sleep** and **Inner Peace** programs)
    - initial phase of senile behaviour or signs of dementia (in this case combine **Learning Support** program with **Anti-aging**, **PTSD** and **Inner Peace** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too
- **Libido** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - diseases, burnout, or emotional problems resulting in severe changes of the libido
      - lack of libido
      - unexpected very strong libido
    - psychosomatic problems resulting in hormonal disturbances and considerably changes in the libido
    - age related decreased libido
    - optimal program combinations:
      - **Libido + Anti-aging + Vitality**
      - **Libido + Anti-aging + Intestinal Flora**
      - **Libido+ Stress Management + Inner Peace**
      - **Libido + Masculine Power**
      - **Libido + Menses + Libido**
      - **Libido+ Menopause + Anti-aging**
      - **Libido+ PTSD + Inner Peace**
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too



- **Masculine Power** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - prostate problems (in this case you may combine **Masculine Power** program with **Anti-aging** and **Intestinal Flora** programs)
    - fertility problems (in this case you may combine **Masculine Power** program with **Stress Management, Digestion** and **Intestinal Flora** programs)
    - reduced virility after an illness, or after a stressful life period (in this case you may combine **Masculine Power** program with **Stress Management, Sleep** and **Inner Peace** programs)
    - during health maintenance programs (in this case you may combine **Masculine Power** program with **Stress Management, Anti-aging** and **Inner Peace** programs)
    - hormonally induced emotional changes (in this case you may combine **Masculine Power** program with **Anti-aging, Inner Peace, Performance, Relax** and **Intestinal Flora** programs)
    - daily regeneration problems, insufficient recovery during night rest, eventually reduced sleep quality (in this case you may combine **Masculine Power** program with **Sleep, Anti-aging** and **Inner Peace** programs)
    - supporting the development of emotional resilience (in this case you may combine **Masculine Power** program with **Relax, Anti-aging** and **Inner Peace** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too
  
- **Menopausa** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - with the arrival of the changing age (in this case you may combine **Menopausa** program with **Relax, Anti-aging** and **Inner Peace** programs)
    - need for optimising hormonal balance and vaginal flora (in this case you may combine **Menopausa** program with **Anti-aging, Ladies' Health, Libido** and **Inner Peace** programs)
    - skin reactions, hot flashes (in this case you may combine **Menopausa** program with **Anti-aging** and **Skin** programs)
    - sleep quality alterations (in this case you may combine **Menopausa** program with **Relax, Sleep, Anti-aging** and **Inner Peace** programs)
    - emotional changes (in this case you may combine **Menopausa** program with **Relax, Anti-aging** and **Inner Peace** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too

- **Menses** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - pre-menstruation syndrome (PMS) (in this case you may combine **Menses** program with **Ladies' Health, Kidney, Libido** and **Inner Peace** programs)
    - severe discomfort during bleeding (in this case you may combine **Menses** program with **Ladies' Health, PTSD, Kidney, Libido** and **Inner Peace** programs)
    - very strong and abundant bleeding, losing too much blood during bleedings (in this case you may combine **Menses** program with **Ladies' Health, PTSD, Kidney** and **Intestinal Flora** programs)
    - cramps and acute discomfort in any case of the menstruation cycle
    - hormonal system related mood swings, temporary lack of motivation, decision making problems (in this case you may combine **Menses** program with **Ladies' Health, Kidney** and **Inner Peace** programs)
    - feeble monthly bleeding, very delicate hormonal system (in this case you may combine **Menses** program with **Ladies' Health, PTSD, Kidney, Intestinal Flora** and **Inner Peace** programs)
    - irregular menstruation, with different periods (in this case you may combine **Menses** program with **Ladies' Health, PTSD, Kidney, Intestinal Flora** and **Inner Peace** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  
- **Muscle** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - during massage therapy sessions
    - heavy physical activity and resulting fatigue
    - muscle sore
    - muscle injuries (in this case you may combine **Muscle** program with **Injury, Digestion, Intestinal Flora** and **Performance** programs)
    - aging related fatigue (in this case you may combine **Muscle** program with **Anti-aging, Vitality** and **Performance** programs)
    - aging related structural changes (in this case you may combine **Muscle** program with **Anti-aging, Kidney, Digestion, Vitality** and **Performance** programs)
    - muscle coordination difficulties (in this case you may combine **Muscle** program with **Vitality, Anti-aging** and **Performance** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too

- **Performance** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - before sport competitions
    - before and during extreme stressful situations, like exams, and important business meetings
    - situations, when physical and mental performances momentary decline due to fatigue (in this case you may combine **Performance** program with **Vitality** program)
    - when lack of sleep negatively influences the performance (in this case you may combine **Performance** program with **Vitality** and **Sleep** programs)
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too
- **PTSD = Post-Traumatic Stress Disorder** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - deep emotional blocks
    - former trauma (physical or emotional) causing long-lasting changes in the nervous system (in this case you may combine **PTSD** program with **Inner Peace**, **Relax** and **Sleep** programs)
    - turbulences in the family information field, which may be carried for generations
    - during the course of integrative PTSD treatment
    - third-age related emotional turbulences (in this case you may combine **PTSD** program with **Anti-aging**, **Vitality**, **Inner Peace** and **Sleep** programs)
    - death of a loved one (in this case you may combine **PTSD** program with **Inner Peace** and **Sleep** programs)
    - natural disasters
    - traffic accidents
    - domestic violence (in this case you may combine **PTSD** program with **Injury**, **Inner Peace** and **Sleep** programs)
    - witnessing or experiencing violence
    - receiving shocking news of any kind
    - in general, directly after **PTSD** program you may start **Relax** program for supporting the effect of dissolving deep emotional blocks
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too

- **Relax** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - mind-body unity is needing a support
    - symptoms of anxiety occur
    - unwanted muscle tension, supporting relaxed working/driving/learning
    - when travelling
    - stress tolerance problems during/after a long trip
    - in general, using the **Relax** program after another program, will support its effect
    - what is the difference between the two programs **Relax** and **Inner Peace**?
      - **Relax** serves supporting relaxed working, or relaxed driving, basically executing any tasks in a relaxed manner; that is why **Relax** is suitable to use while working
      - **Inner Peace** provides an opportunity to reach deeper layers of the consciousness and support a more holistic manner of decision making; **Inner Peace** helps to integrate the different layers of the consciousness and not being dominated by superficial emotions; that is why **Inner Peace** is suggested to use while taking a break in work, when you align your thoughts, or before meditation, but NOT during work, or during driving, or executing anything what needs sharp and precise concentration
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too
- **Skin** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - aging skin (in this case you may combine **Skin** program with **Anti-aging, Detox** and **Digestion** programs)
    - age spots (in this case you may combine **Skin** program with **Anti-aging, Intestinal Flora, Detox** and **Digestion** programs)
    - dry and itchy skin (in this case you may combine **Skin** program with **Intestinal Flora, Detox** and **Digestion** programs)
    - during weightloss, detox and other special lifestyle regimes
    - after illnesses, which caused skin rash
    - inherited skin problems (in this case you may combine **Skin** program with **PTSD, Anti-aging, Intestinal Flora, Detox** and **Digestion** programs)
    - travelling to a new flora and fauna (in this case you may combine **Skin** program with **Injury, Intestinal Flora, Detox, Kidney** and **Digestion** programs)
    - insect bites (in this case you may combine **Skin** program with **Injury, Intestinal Flora** and **Detox** programs)
    - menopause related skin changes (in this case you may combine **Skin** program with **Menopause, Intestinal Flora, Detox, Kidney** and **Anti-aging** programs)

- This program may be used daily
- **Warning:**
  - **please seek for professional medical help in case you identify a rapidly growing, eventually painful age spot like formation on your skin**
  - **in case of wellknown warts, age spots, birth marks, etc. which may present a constant danger to turn into a tumor, please don't forget to keep in touch with a specialist and participate on the regular controls to monitor the dynamics of such formations**
- This program may be used in combination with all other programs
- This program may be used daily for pets too
  
- **Sleep** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - not sufficient night rest
    - difficulty to fall asleep
    - if waking up by unknown reason during the night then having difficulty to fall asleep again
    - busy head, rushing thoughts when going to bed (in this case you may combine **Sleep** program with **Stress Management, Inner Peace, Detox** and **Digestion** programs)
    - nightmare (in this case you may combine **Sleep** program with **PTSD, Stress Management** and **Inner Peace** programs)
    - waking up regularly at the same time in the middle of the night (in this case you may combine **Sleep** program with **Digestion, Detox** and **Inner Peace** programs)
    - being tired in the mornings, eventually having concentration issues during the day (in this case you may combine **Sleep** program with **Vitality, Performance** and **Inner Peace** programs)
    - staying awake regularly during the night, working at night (in this case you may combine **Sleep** program with **Vitality, Anti-aging, Stress Management, Performance** and **Inner Peace** programs)
  - This program may be used daily
  - **Warning:**
    - **this device does NOT substitute regular and sufficient sleep during the night!please, take into consideration that the natural circadian rhythms of the organism require a different activity level during the nighttime than during daytime**
    - **in case of nightshifts at work, make sure that you always have enough recovery during daytime and provide the opportunity of 4 or more weeks to your organism to switch back to nighttime recovery every 6 months before starting again the next nightshift period; please, consult a neurologist about these aspects of your circadian rhythm!**
  - This program may be used in combination with all other programs

- **Spine** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - different types back aches and discomfort around the vertebral column
    - vertebral disc and small joint degenerations
    - internal processes that create tension, or stiffness in the back
    - this program supports all structures and joint functions of the vertebral column
    - suggested to use in case of genetic predisposition and aging process related discomfort in the back
    - after accidents which caused back injury
    - athletes and people who exert professions creating a heavy workload to the spine
    - age related discomfort of the back (in this case you may combine **Spine** program with **Digestion, Intestinal Flora, Anti-aging, Bone, Joint** programs)
    - This program may be used in combination with all other programs
    - This program may be used daily
  - **Warning:**
    - **please seek for professional medical help in case you notice shooting pain from the spine into other body parts, or suffer from daily severe headaches originating from the neck!**
  
- **Stress Management** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - high level of daily stress
    - chronic stress in professional or family environment
    - falling asleep is difficult due to spinning thoughts
    - strong habits which overtake the control in daily life
    - OCD (obsessive compulsive disorder)
    - restless leg syndrome
    - stress related digestive problems, including reflux, IBS, constipation, diarrhea
    - before exams
    - as prevention before an anticipated stressful event occurs
    - accidents, bad news, unexpected negative events
    - grief
    - dietary changes, when missing comfort food reaches the level of craving
    - long term distress may change the absorption capability of the digestive system (in this case you may combine **Stress Management** program with **Digestion, Intestinal Flora, Anti-aging** programs)
  - This program may be used several times daily
  - **Warning:**
    - **please seek for professional help in case you notice aggressive, self-destructive or violent tendencies in the behavior in extreme stressful situations!**
    - **in case of suddenly appearing high blood pressure due to stressful situations, or any other acute symptoms (like severe headache) go to the doctor immediately!**
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too

- **Vision Aquity – Eye** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - overworked, tired eyes (in this case you may combine **Vision Aquity – Eye** program with **Injury – Inflammation, Anti-aging, Performance** and **Inner Peace** programs)
    - you may use this program twice a day if you work behind a computer screen
    - you may use this program supporting therapies which target diseases related to the eye, or related to organs which influence vision acuity
    - after driving during the night
    - age related loss of the vision acuity (in this case you may combine **Vision Aquity – Eye** program with **Detox, Intestinal Flora, Anti-aging, Performance** and **Inner Peace** programs)
  - This program may be used daily
  - **Warning:**
    - **please seek for professional medical help in case you notice rapid loss of visual aquity, or suffer from daily severe headaches in the region of the eyes!**
    - **in case of suddenly appearing and persisting severe headache or loss of vision acuity go to the doctor immediately!**
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too
  
- **Vitality** (30:00, 55:00, 90:00, 8:30:00)
  - Suggested use in case of (some examples):
    - lack of rest, lack of night recovery period
    - deminished vitality and loosing the attitude of approaching the tasks in life with abundant zest
    - aging related lack of motivation (in this case you may combine **Vitality** program with **Anti-aging, Performance** and **Inner Peace** programs)
    - this program offers a good pairing with **Anti-aging** program for happy third age
  - This program may be used daily
  - This program may be used in combination with all other programs
  - This program may be used daily for pets too



**General remarques:**

- when starting to use the device, during the first two weeks just use the 30:00 and 90:00 minutes programs of the IR-52 **B panel**
  - these program versions of the **B panel** allow easier adaptation
  - these programs are more suitable for **people who are very sensitive**
- dietary adjustments may be needed for optimal results of any health maintenance program
  - make sure that your vitamin-D and fatty acid levels are correct, including DHA, EPA and C-8 MCT levels
  - follow an enzyme rich diet
  - vitamin-Bs can improve the nutrient assimilation capability of the digestive system and support other vital functions of the organism; because of the typically consumed foods' content of vitamin-Bs is very low, it is necessary to supplement it
  - avoid hydrogenated fatty acids, artificial taste enhancers, and unnecessary preservatives

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