

PROGRESS and the B₂ VITAMINS

Views on the singleness of vitamin B have had to undergo considerable revision since the early days of the discovery of vitamins. The original recognition of a single water soluble B vitamin, and further division into vitamins B₁ and B₂, has been followed by the identification of many other constituents which are now known to form part of the vitamin B₂ complex.

As further progress is still to be expected it is often considered preferable to administer a natural source of the B₂ vitamins, such as Marmite, where all factors appear to be present in balanced proportions—those already isolated as well as those which still remain to be differentiated.

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Literature on application

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