



The Need for B's (good for the crazy of January)

by Audrey Ross, ND

- **Why do we need B-Supplements**
- **What role do B vitamins play in the body**
- **What is the MTHFR gene**
- **How do Co-enzyme B vitamins make the difference**
- **What are their different names**

Tue. Jan. 16th 6:30pm - 7:30pm



Mother's Market - Costa Mesa
1890 Newport Blvd. Costa Mesa, CA 92627

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