



B Vitamins

What Are They?

B-Vitamins are water-soluble vitamins that play a role in maintaining healthy nerves, skin, hair, eyes, liver and metabolic health. Vitamin B is made up of 8 chemically distinct vitamins, known as Vitamin B-complex.

Did You Know?

The B vitamins are necessary for the formation of important neurotransmitters such as serotonin, dopamine and epinephrine. B Vitamins are water-soluble, which means they do not get stored in the body; whatever your body does not use comes out with the urine.

What Do We Need B-Vitamins For?

- Proper functioning of the metabolic system
- Promoting cell growth, reproduction and division
- Supporting the immune system
- Maintaining nervous system health
- Mood support
- Energy production

Vitamin B Break Down

Thiamin (B1): Essential for nervous system and muscle functioning, as well as energy metabolism of carbohydrates and fats. Thiamin is involved in the flow of electrolytes in and out of nerve and muscle cells, multiple enzyme processes and the production of hydrochloric acid, which is necessary for digestion. You can find B1 in organ meats, wheat

germ, eggs, berries, dark leafy greens, sunflower seeds, tomatoes and nuts.

Riboflavin (B2): Necessary for breaking down carbohydrates, proteins and fats. Lack of B2 can result in cracked skin around the mouth and lips, and irritation of the eyes. You can find B2 in milk, meat, mushrooms and dark leafy greens.

Niacin (B3): This B vitamin plays a role in fat synthesis, energy production, circulation and nervous system health. Niacin, or nicotinic acid, is often used to support healthy cholesterol levels. B3 also helps to support healthy blood sugar levels. You can find B3 in green vegetables, chicken, salmon, tuna, yeast and dried peas and beans.



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Vitamin B Break Down (cont.)

Pantothenic Acid (B5): This B vitamin support adrenal gland health, which deals with energy levels and hormone health, as well as metabolism and stress support. B5 is involved in the synthesis of hormones and cholesterol, and is found as a co-enzyme (CoA) in every living cell. You can find B5 in egg yolk, liver, yeast, avocados, molasses, sweet potatoes and wheat bran.

Vitamin B6: Also known as pyridoxine, B6 promotes cardiovascular and nervous system health. This B vitamin is necessary for B12 absorption, as well as for the absorption of protein, carbohydrates and fats. Vitamin B6 is necessary for balancing hormonal support in woman during premenstrual and menstrual periods of their lives. You can find B6 in wheat germ, bananas, avocado, spinach, green beans, meat and yeast.

Biotin: Also known as B7, biotin is necessary for the absorption of all B vitamins, and helps to promote healthy skin, hair and nails. This vitamin helps to synthesize amino acids and fatty acids, and is required for proper cell growth and blood sugar support. You can find B7 in royal jelly, Brewers yeast, egg yolk, liver and milk.

Folic Acid: The vitamin is also referred to as B9, and it is necessary for red blood cell development and essential for body cell growth. It is recommended that all women of child bearing age take a folic acid supplement to reduce the risk of neural tube defects in infants. You can find B9 in green leafy vegetables; in fact this vitamin received its name from the Latin word *folium*, meaning foliage, because folic acid is found in leafy greens such as spinach and kale. You can also find B9 in organ meats, nuts and legumes.

Vitamin B12: Also referred to as cobalamin, B12 is important for maintain healthy nerve cells, red blood cells, DNA formation, as well as cardiovascular, nerve and mental health. Combined with B6 and folic acid, B12 help support healthy homocysteine levels, a key marker of health. Without adequate levels of B12, you may experience low energy, mood changes and even mental fatigue. You can find B12 in animal sources such as meat, liver, kidney, eggs as well as dairy and milk products.

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