The B Vitamins

- ✔ Boosts Immune Function
- ✔ Breaks Down Food Into Energy
- ✔ Lowers Stroke and Heart Disease Risk
- ✔ Helps with Stress
- ✔ Needs to be Replenished as our body does not hold onto them long.

Vitamin B1 – Thiamine helps to process sugars and amino acids. Thiamine is only stored for a short time before your body excretes it. Sufficient thiamine levels are needed to fend off lactic acidosis, the buildup of lactate in the body**.** When vitamin B1 breaks down sugars and amino acids, their parts make other molecules. Your body needs these other molecules to function properly. Low thiamine levels can result in sluggish enzymatic activity and slow down your energy and the reactions that support cell life. Foods: Oatmeal, Brown Rice, Omega 3 eggs, flaxseeds and Brussel Sprouts.

Vitamin B2 – Riboflavin helps in the making of adenosine 5′-triphosphate (or ATP). This is where the cells in your body get their energy! In addition, riboflavin can help reduce the presence of pathogens in the blood. Riboflavin deficiency, can cause itching of the skin, headaches, and fatigue. Foods: Casein A2 Milk, eggs, avocado, mushrooms, and spinach.

Vitamin B3 – Niacin plays a significant part in the production of ATP, the cells in your body where you get your energy! In addition, Niacin helps to break down and absorb dietary fats and carbohydrates. If you eat a lot of carbohydrates, you'll really need vitamin B3. Foods: Liver, chicken, tuna and portobello mushrooms.

Vitamin B5 – Pantothenic acid helps the production of enzymes. These enzymes facilitate fatty acid synthesis. In addition, Pantothenic acid helps build and break down cells. Your red blood cells carry pantothenic acid throughout your body for these purposes. Foods: Grass-fed beef, or pasture-raised chicken, sweet potatoes.

Vitamin B6 – Pyridoxine helps maintain nerve health, skin health, and the health of your red blood cells! Vitamin B6 is one of the most relied on molecules in the cells of all living things. This is because it regulates your cellular metabolism. Vitamin B6 is also crucial for the production of amino acids. **It can help make serotonin, and dopamine, too!** If you don't get pyridoxine, you could experience low energy levels. Foods: Sweet potatoes, avocados, spinach, Omega 3 eggs, and wild caught salmon.

Vitamin B7 – Biotin helps with the breakdown of sugars and is essential for maintaining blood sugar levels. Not only that… biotin absorption is famous for helping to strengthen your hair and nails. When you're experiencing a biotin deficiency, your hair, nail, and skin health suffers. Foods: Omega 3 eggs and leafy vegetables.

Vitamin B9 – Folic acid is essential for the synthesis of nucleic acids and amino acids. These acids are necessary for rapid cell division and DNA replication. Rapid cell division is crucial during pregnancy and in the production of red blood cells. This is because red blood cells have a rapid turnover rate. Depression is often related to low levels of folic acid which affects the neurotransmitters that control moods. Foods: Leafy green vegetables like kale, spinach and broccoli.

Vitamin B12 – Hydroxocobalamin is needed for your cells to release energy from carbohydrates, fats, and proteins. It helps to boost the levels of folate in your cells, helping them produce DNA. Vitamin B12 is also necessary for the normal formation of red blood cells and proteins in the body. A very basic sign of low levels of Vitamin B12 is a lack of energy. In addition, Vitamin B12 also helps maintain the protective covering around nerve cells, called a myelin sheath. It protects nerve fibers and keeps them separate from each other, maintaining the health of your neurological brain tissue. Hydroxocobalamin deficiency could cause a loss of nerve sensation or other neurological issues. Make sure you're getting calcium, as it's needed to offset stomach acid for better B12 absorption. B12 absorption hinges on a liquid secreted by your stomach known as Intrinsic Factor (IF). Foods: Nori, Omega 3 eggs, mushrooms, fermented vegetables, chlorella, and fortified foods.