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Andrew Weil, M.D.



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presents

Why You Need B Vitamins

The B vitamins are a class of water-soluble nutrients that play an important role in maintaining normal physiologic and metabolic functions. They may also help calm and maintain a healthy nervous system, and can be important in the maintenance of healthy skin and muscle tone.

There are 8 individual B vitamins that are commonly referred to as B-complex. Because they are water-soluble the body does not store them well, thus their need can be increased by stress, smoking, alcohol, drugs, unhealthy dietary practices, shift work, illness, and demanding travel schedules.



Vitamin B1 - Thiamin

Vitamin B1, also called thiamin, plays an important role in nerve transmission, and helps support the nervous system, proper muscle function, carbohydrate metabolism, and healthy digestion.

Best Food Sources

Legumes, beef and pork, Brewer's yeast, whole-grain breads and cereals, oatmeal, enriched pastas, rice bran and wheat germ, milk, nuts, seeds and oranges.



Vitamin B2 - Riboflavin

Vitamin B2, or riboflavin, mobilize other B vitamins. It is also required for normal cell growth and function, as well as energy production.

Best Food Sources

Dairy products (such as milk, cheese and yogurt), eggs, enriched or fortified cereals and grains, meats, liver, dark greens (such as asparagus, broccoli, spinach and turnip greens), fish, poultry, and buckwheat



Vitamin B3 - Niacin

Vitamin B3, also known as niacin, is important for heart health and helps regulate many key metabolic processes.

Best Food Sources

Salmon and tuna, eggs, leafy vegetables, broccoli, tomatoes, carrots, sweet potatoes, avocados, nuts, whole grains, legumes and mushrooms



Vitamin B5 - Pantothenic Acid

Vitamin B5, or pantothenic acid, is important for the metabolism of carbohydrates, proteins and fats, and is also essential for breaking down fatty acids and keeping the skin healthy.

Best Food Sources

Whole grain cereals, eggs, meat, legumes, avocado, and yogurt

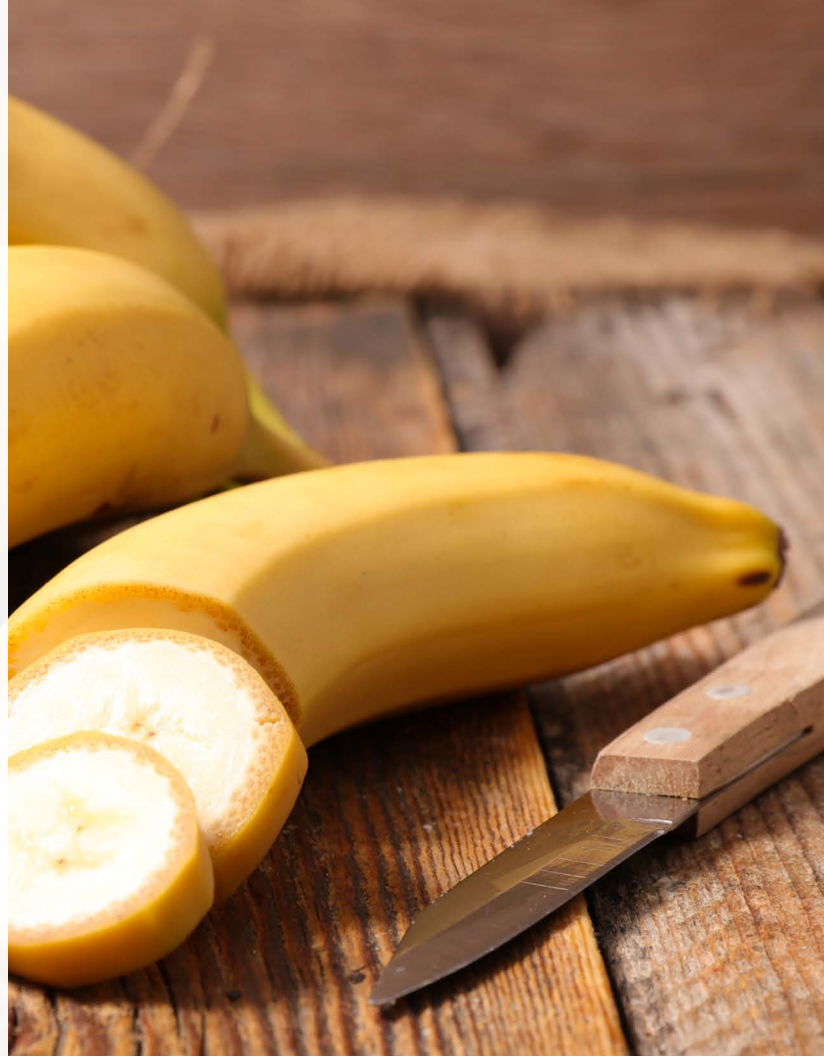


Vitamin B6 - Pyridoxine

Vitamin B6, also called pyridoxine, is important for keeping older individuals' immune systems functioning, and also helps in the production of neurotransmitters.

Best Food Sources

Bananas, brewer's yeast, legumes, cereal grains, vegetables, potatoes, milk, cheese, sunflower seeds, and eggs



Vitamin B7 - Biotin

Vitamin B7, also called biotin, has a variety of applications: it can help decrease insulin resistance, address high blood glucose levels, maintain healthy hair and nails, and improve energy metabolism and glucose tolerance.

Best Food Sources

Barley, brewer's yeast, fortified cereals, corn, egg yolks, milk, royal jelly, soy, and wheat bran. Avocado, bread, broccoli, cauliflower, cheeses, chicken, fish, legumes, mushrooms, nuts, pork, potatoes, and spinach



Vitamin B9 - Folic Acid or Folate

Vitamin B9, commonly called folate or folic acid, is essential for human growth and development, which is why pregnant women need to make sure they get enough vitamin B9 during pregnancy. It also encourages proper brain and normal nerve functioning, and may help reduce blood-levels of the amino acid homocysteine.

Best Food Sources

Asparagus, bananas, melons, lemons, legumes, yeast, and mushrooms



Vitamin B12 - Cobalamin

Vitamin B12, also called cyanocobalamin or cobalamin, aids in the production of RNA, DNA, and neurotransmitters, while also affecting the development and maintenance of red blood cells and nerve cells.

Best Food Sources

Animal-derived foods such as dairy products, eggs, fish, meat, poultry, and shellfish

