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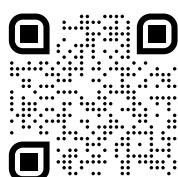
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B12 deficiency is the root cause of so many ailments including fatigue, anemia, and even brain fog. Many of our daily activities such as drinking alcohol and taking birth control can easily rob us of our internal B12 supplies so supplementing is key to boosting energy and mental clarity.



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PURE WELLNESS Real Client Wellness Questions Answered

# What are B-Vitamins?

B-VITAMINS (THE COMPLEXITIES OF B-COMPLEX)

B-Vitamins are a class of water-soluble vitamins that play important roles in cell metabolism and synthesis of red blood cells. Most people are familiar with Vitamin B12 but there are actually eight B-vitamins in total which collectively make a group called "B-Complex", each with their own unique role in many of our bodies' biological functions. Because B-Vitamins are water-soluble, they are quickly used by the body's tissues and not stored for long periods of time. Because of this, consistent intake of these nutrients is necessary to maintain optimal levels. Collectively, the B-Vitamins work synergistically to help break down the foods we eat into energy.

## How are the eight B-Vitamins different?

**B1 (Thiamin):** Important for the growth, development, and functioning of cells. Has been linked to preventing Type 2 Diabetes.

**B2 (Riboflavin):** Helps with red blood cell production and is linked to reducing both PMS symptoms and the risk of developing cataracts.

**B3 (Niacin):** Aids in DNA production and repair. Has cardioprotective and neuroprotective properties. Crucial in the body's production of NAD.

**B5 (Pantothenic acid):** Involved in the production of hormones and cholesterol. Linked to lowering the risk of heart disease.

**B6 (Pyridoxine):** Helps make antibodies and hemoglobin. Depleted by long-term stress but when supplemented can help to boost mood.

**B7 (Biotin):** Linked to supporting hair and nail growth, may help regulate blood sugar in Type 1 Diabetes.

**B9 (Folate):** Linked to improving cognitive function and reduced protein build up that leads to Alzheimer's.

**B12 (Cobalamin):** Helps maintain healthy red blood and nerve cells. Can aid in the prevention of anemia that can make you feel weak and tired.

## How can IVitamin help monitor your vitamin levels?

Schedule a micronutrient test with our Nurse Practitioner and receive a full consultation to discuss getting your vitamin levels to a healthy place.

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