

B The Best You Can B



VITAMIN B9 (FOLIC ACID, FOLATE, FOLACIN)

Folic acid is considered brain food. It can be manufactured by the body and be stored in the liver.

BENEFITS

DNA synthesis, cell growth, red blood cell formation, energy production, strengthens immunity, helps with depression and anxiety, important for pregnancy and very important to regulate embryonic fetal nerve cell formation

FOOD SOURCES

Asparagus, brewer's yeast, brown rice, dates, green leafy vegetables, lentils, cheese, legumes, oranges, liver, broccoli and beans

DEFICIENCY RESULTS IN:

Sore, red tongue, anaemia, fatigue, greying hair, memory problems, birth defects, growth impairment, acne and cracking at the corners of the mouth

WHAT INCREASES YOUR NEED FOR B-9?

Pregnancy to prevent spina bifida and other congenital nervous disorders, psoriasis, stress and consuming alcohol

VITAMIN B12 (CYANOCOBALAMIN)

Cyanocobalamin is known as the energy vitamin and can be manufactured in the body.

BENEFITS

Manufacture red blood cells, prevents anaemia, helps with digestion, stimulates appetite, prevents mental deterioration, prevents nerve damage, important in production of acetylcholine, a neurotransmitter that assists memory and learning and helps with utilisation of iron

FOOD SOURCES

Brewer's yeast, eggs, liver, milk and dairy products, seafood and meats

DEFICIENCY RESULTS IN:

Malabsorption, bone loss, chronic fatigue, weight loss, back pain, ringing in the ears, depression, irritability, moodiness and constipation

WHAT INCREASES YOUR NEED FOR B-12?

Aging, Strict vegan, macrobiotic diets, and consuming alcohol

PABA (PARA-AMINOBENZOIC ACID)

PABA is a short name for Para-aminobenzoic acid. It is the basic constituent of Folate. Paba helps protect against sunburn, and is therefore used in sunscreens.

BENEFITS

Helps break down and utilization of protein, reverses the graying of hair, protects the skin from cancer through the absorption of ultraviolet-B (UVB) radiation, and maintains health intestinal flora

FOOD SOURCES

Liver, Brewer's yeast, spinach, whole grains, and molasses

DEFICIENCY RESULTS IN:

Depression, fatigue, greying of the hair, irritability, nervousness and eczema

WHAT INCREASES YOUR NEED FOR PABA?

Long term antibiotic use

THE VITAMIN CONNECTION B

Part 3 BY SIMONA STEPANCIC



CHOLINE

Choline is a lipotropic, B complex family member and works with Inositol to emulsify fats.

BENEFITS

Controls weight, aids memory and learning, helps retard Alzheimer's disease, brain nutrient, helps retard neurological disorders, lowers cholesterol, supports liver function, helps with the proper transmission of nerve impulses, minimizes excess fat in the liver, beneficial for Parkinson's disease, prevents gallstones

FOOD SOURCES

Egg yolks, legumes, whole grains, cereals, milk, meat, lecithin, nuts, almonds, tofu and cauliflower

DEFICIENCY RESULTS IN:

Fatty build-up in the liver, gastric ulcers, high blood pressure, kidney and liver impairment, inability to digest fat

WHAT INCREASES YOUR NEED FOR CHOLINE?

High alcohol intake and refined sugar

INOSITOL

Inositol is a component of cell membranes and is important for health at the cellular level. It is best to take the entire B group vitamins with it.

BENEFITS

Promotes hair growth, helps in treatment of depression and anxiety, important for health of the brain cells and bone marrow, reduces blood cholesterol levels, prevents hardening of the arteries

FOOD SOURCES

Wheat germ, citrus fruit, nuts and seeds, bananas, molasses, meats, liver, brown rice, raisins, legumes and fruits and vegetables

DEFICIENCY RESULTS IN:

Eczema, constipation, irritability, mood swings, arteriosclerosis
Hair loss, High blood cholesterol

WHAT INCREASES YOUR NEED FOR INOSITOL?

Consumption of large amounts of caffeine
Taking antibiotics for long time

VITAMIN H (BIOTIN)

Biotin is referred to as Vitamin H and is the part of the B complex group.

BENEFITS

Cell growth, production of fatty acids, metabolism of carbohydrates, fats, and proteins, important for health, skin and hair, promotes health nerve tissue and bone marrow, helps maintain steady blood sugar level, prevent hair loss, relieve muscle pain

FOOD SOURCES

Brewers yeast, cooked egg yolks, meat, milk, whole grains, salmon, spinach, nuts, cheese, mushrooms and beef liver

DEFICIENCY RESULTS IN:

Dry scaly skin, fatigue, loss of appetite, mental depression, seborrhoeic dermatitis (cradle cap) in infants, anaemia, hair loss, high blood sugar, muscular pain, and sore tongue

WHAT INCREASES YOUR NEED FOR BIOTIN?

Antibiotics