



BEWARE OF

B-Vitamin Imbalances

B- Vitamins are important for many of our basic life processes like converting food to energy, making red blood cells, cellular repair immune system and brain health. Although B- Vitamins are classified as water-soluble vitamins, they are readily absorbable by tissues but cannot be stored in the body. However, excessive intake of B-Vitamins may affect the liver or nervous system.

These B- Vitamins each play a crucial role in our body:

- ✓ (B1) - Thiamine
- ✓ (B2)- Riboflavin
- ✓ (B3)- Niacin
- ✓ (B5) - Pantothenic Acid
- ✓ (B6)- Pyridoxine
- ✓ (B7)- Biotin
- ✓ (B9) - Folate
- ✓ (B12)- Cobalamin

B-Vitamin	Role in our Body
(B1) Thiamine	<ul style="list-style-type: none"> - Normalizes heart function - Helps convert food into energy - Needed for healthy skin, hair, muscles, and brain
(B2) Riboflavin	<ul style="list-style-type: none"> - Energy production - Helps the body in breaking down the fat and hormones - Needed for healthy skin, hair, blood, and brain
(B3) Niacin	<ul style="list-style-type: none"> - Production of hormones and red blood cells - Release of energy from food - Essential for healthy skin, brain, and nervous system
(B5) Pyridoxine	<ul style="list-style-type: none"> - Helps convert food into energy - Helps make lipids , neurotransmitters, steroid hormones, and hemoglobin
(B6) Panthoenic Acid	<ul style="list-style-type: none"> - Aids in lowering homocysteine levels - Sleep, appetite, and mood regulation - Influences cognitive abilities and immune function
(B7) Biotin	<ul style="list-style-type: none"> - Helps convert food into energy and synthesize glucose - Helps make and break down some fatty acids - Maintenance of hair, nail, skin, and bones
(B9) Folate	<ul style="list-style-type: none"> - Vital for cell growth and repair - Helps prevent brain and spinal birth defects when taken early in pregnancy - Can lower levels of homocysteine
(B12) Cobalamin	<ul style="list-style-type: none"> - Assists in making new cells and breaking down fatty acids and amino acids - Protects nerve cells and promotes their normal growth - Helps make red blood cells

When do I need to get a test?

When you experience these symptoms:

- Flaky, dry and itchy skin
- Inflamed and cracked and white tongue
- Numbness, tingling or burning in the hands or feet (peripheral neuropathy)
- Weakness, fatigue and sleeplessness
- Depression, irritability and difficulty in concentration

When you have a medical condition or recent operation:

- Undergoing parenteral and enteral nutrition (Intravenous feeding)
- Gastric bypass / weight loss surgery
- Liver Cirrhosis / damage
- Celiac's Disease
- Kidney Disease
- Long term use of medications for cancer, anti-epileptic, proton pump inhibitors , cholesterol and hypoglycemic medications

How do I prepare for the test?

3 days before the test, stop all supplements/multivitamins containing B- Vitamins, 10-12 hours fasting