

## Vitamin B Checklist

By Jan Purser

You might need to take a vitamin B complex supplement, or at least a multivitamin that contains all the B vitamins. I believe we should all take a good-quality multivitamin and mineral supplement each day to ensure we are receiving enough of these essential nutrients. It is not possible to get them all through your diet unless you eat freshly picked organic foods, don't have much stress and avoid all toxins in the atmosphere and home. Not an easy task!

The B vitamins are needed for: metabolism of protein, fat and carbohydrates in your body; nervous system function; for healthy eyes and skin; and for the production of red blood cells. These functions are a short list from the many where vitamin B is necessary. Check my list below to determine if you could use a good B boosting. If you have any of the following, you may benefit from a B complex supplement:

1. Anxiety
2. Stress
3. Depression
4. Chronic fatigue syndrome
5. Poor appetite
6. Poor digestion
7. Multiple sclerosis
8. Auto-immune condition
9. Low blood pressure
10. Mouth ulcers
11. Nicotine addiction
12. Regular alcohol intake
13. Cancer
14. Pre-conception
15. Pregnancy
16. Headaches
17. PMS
18. Fluid retention

There are seven different B vitamins all with various functions in the body. For example, you might have heard that folate is essential for conception and pregnancy. A deficiency of folate is linked to depression and heart disease. These days I recommend having the activated form of folate – folinic acid to ensure good absorption and utilization by the body.

To gain vitamin Bs through your diet be sure you eat wholegrain products, leafy greens, soy products, nuts and seeds, meat and chicken (if not vegetarian), legumes, avocado, cheese and yoghurt (if you eat dairy), eggs, fish and mushrooms.

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