

B-Vitamin Deficiency Guide

B-Vitamins are co-enzymes that your body needs to stay healthy and to operate properly. A deficiency in any one of the eight B-Vitamins will lead to health problems. Listed below are all eight water-soluble B-Vitamins and the most common signs of a deficiency.

Vitamin B1 (Thiamine) - Deficiencies include beriberi, constipation, edema, enlarged liver, fatigue, forgetfulness, gastrointestinal disturbances, heart problems, irritability, labored breathing, loss of appetite, muscle atrophy, nervousness, numbing in the hands and feet, pain and sensitivity, poor coordination, weak and sore muscles.

Vitamin B2 (Riboflavin) – Deficiency includes cracks and sores at the corners of the mouth, eye problems, inflammation of the mouth and tongue, skin lesions, dermatitis, dizziness, hair loss, insomnia, sensitivity to light, poor digestion, growth problems and slow mental response.

Vitamin B3 (Niacin) - Deficiency includes canker sores, dementia, depression, diarrhea, dizziness, fatigue, halitosis, headaches, indigestion, insomnia, limb pain, loss of appetite, low blood sugar, pellagra, inflammation, weakening of the muscle.

Vitamin B5 (Pantothenic Acid) – A deficiency will cause fatigue, headache, nausea and vomiting, irritability, restlessness, trouble sleeping, cramping in the muscle and stomach, and tingling or burning in the hands and feet.

Vitamin B6 (Pyridoxine) - Deficiencies include anemia, anorexia, arthritis, conjunctivitis, convulsions, cracks and sores around the mouth, depression, dizziness, fatigue, headaches, hyperirritability, inflammation of the mouth and gums, impaired memory and memory loss, nausea, flaky skin, sore or tender tongue, trouble healing from wounds, trouble learning and tingling sensation.

Vitamin B7 (Biotin) - Deficiencies include anemia, depression, hair loss, high blood pressure, inflammation of the skin, insomnia, loss of appetite, muscular pain, nausea, and a sore tongue.

Vitamin B9 (Folate) - Deficiencies include anemia, apathy, digestive disturbances, fatigue, graying hair, growth impairment, insomnia, labored breathing, memory problems, paranoia, weakness, and birth defects.

Vitamin B12 (Cyanocobalamin) - Deficiency can cause a wide range of problems. B12 is active in the growth of the nervous system and protects it from deterioration. Symptoms of deficiency are numbing and nerve pain. Other deficiencies include abnormal gait, bone loss, chronic fatigue, constipation, depression, digestive disorders, dizziness, drowsiness, enlargement of the liver, eye disorders, hallucination, headaches, inflammation of the tongue, irritability, labored breathing, memory loss, moodiness, nervousness, neurological damage, palpitations, pernicious anemia, ringing in the ears, and spinal-cord degeneration.

Overcoming a B-Vitamin Deficiency

Your body needs and uses B-Vitamins every day. If you don't get enough in your diet, a deficiency will occur. But deficiencies can be caused by many other things such as poor digestion, prescription drugs, too many toxins in the body, and so on.

The quickest way to overcome a deficiency is to take a B-Vitamin Supplement. But getting the dose right is important. B-Vitamins are water soluble. This means your body does NOT store them and flushes out the excess that doesn't get absorbed, meaning you will not overcome a deficiency any faster by taking a large dose.

Here at Herb-Science, we set our doses at a 500% daily value. This dose ensures you get what your body can absorb without wasting most of the vitamins.

For best results, follow the directions below.

Maintaining health – Add 1 dropper (18 drops) to 8oz of water and drink within an hour (after a meal).

Deficient – Add 1 dropper (18 drops) to 8oz of water and drink after breakfast. Repeat and drink another 8oz water with 1 dropper (18 drops) after dinner.

If you have any questions, please contact us