## **Vitamin B Complex**

Vitamin B complex is made up of the following eight water-soluble vitamins. Each B vitamin has different functions within the body:

* Vitamin B1 (thiamine): Thiamine essential for energy metabolism and converting food into energy. It also supports cell growth, development and function.
* Vitamin B2 (riboflavin): Riboflavin also plays a role in cell development, growth and function. It also contributes to energy production and the metabolism of fats and medications.
* Vitamin B3 (niacin): Niacin is involved in more than 400 cellular metabolic processes, helping convert food into energy.
* Vitamin B5 (pantothenic acid): Pantothenic acid helps turn food into energy and metabolize fat.
* Vitamin B6 (pyridoxine): Vitamin B6 supports hundreds of metabolic reactions. It also plays a role in brain development and immune function.
* Vitamin B12 (Methylcobalamin): Vitamin B12 is essential for central nervous system development and function, red blood cell formation and DNA synthesis.

### **Boosts Energy**

Almost all B vitamins play a part in how our bodies make energy. Therefore, we need to have an adequate supply of all B vitamins on hand to keep energy production chugging along smoothly. Any shortage, such as a deficiency or being low in a B vitamin, could disrupt this process. Studies have shown that supplementing with B vitamins can alleviate feelings of fatigue and help improve energy levels.

### **Supports Brain Health**

We all want to keep our minds sharp, and B vitamins can help. Research has found that supplementing with B vitamins benefits cognitive function and slows cognitive decline. There’s also scientific evidence suggesting that a higher intake of folate in people over 50 years old is associated with lower risk of dementia.

**Prevents Anemia**

Anemia is a condition in which your blood produces fewer than normal healthy red blood cells, affecting nearly 3 million Americans. Your body isn’t able to get enough oxygen, which can lead to you feeling tired and weak, experiencing symptoms like headaches, dizziness, shortness of breath and—at times—chest pain. Getting enough folate and vitamin B12 is important to prevent anemia.

### **Improves Mood and Reduces Stress**

At times we could all use a little mood boost and, good news: B vitamins can help in that department. Supplementing with B-complex vitamins could have a positive effect on mood and mental health, even when a deficiency is not present. Research indicates that taking a B vitamin supplement may improve mood and reduce feelings of stress in healthy people.

### **Supports Heart Health**

B vitamins may keep our heart healthy. B vitamins help produce new red blood cells in your body, which perfuses our organs and tissues with oxygen. And more blood flow is a good thing, this ultimately aids in circulation in our body, and theoretically improves cardiovascular health.

### **May Reduce Migraines**

If you experience migraines, you know the debilitating impact they can have. Studies have shown B vitamins can have promising potential. Taking 400 milligrams of riboflavin per day over three months has shown significant improvement on migraines. Research found a significant reduction in the number of migraine days, duration, frequency and pain levels experienced during attacks.

### **7. Supports Gut Health**

Our gut bacteria produce small amounts of B vitamins. These B vitamins play a critical role in shaping a healthy and diverse gut flora. A deficiency in any B vitamin can disrupt both gut bacteria and overall intestinal health.

**Concentration:** B-complex: B1 (100mg/mL), B2 (2mg/mL), B3 (100mg/mL), B5 (2mg/mL), B6 (2mg/mL)

**Route of Administration:** IV or intramuscular

#### **What are the side effects of Vitamin B Complex?**

Side effects of Vitamin B Complex are rare because it is water-soluble and excreted through urination. But high dosage intake of Vitamin B complex could lead to some side effects, like:

* Vomiting and nausea.
* Skin conditions like flushing or lesions.
* High blood sugar level.
* Nerve damage and blurry vision due to light sensitivity.
* Excessive thirst due to increased urination.
* Diarrhea and instances of abdominal pain.
* Liver damage (in extreme cases).