



B COMPLEX VITAMINS

The B complex vitamins (B1, B2, B3, B5, B6, and B7) are water-soluble, meaning that they are easily dissolved in water, and have very similar functions: **participation in the metabolism of macronutrients and energy production.**

FOOD SOURCES



Pork



Beef liver



Sardine



Egg yolk



Chestnuts



Corn cereal



Pulses



Yeast



Oat bran



Wheat bran

NUTRITIONAL REQUIREMENTS (ADULTS)

vitamin B1

1,1 - 1,2 mg/day

vitamin B2

1,1 - 1,3 mg/day

vitamin B3

14 - 16 mg/day

vitamin B5

5 mg/day

vitamin B6

1,3 - 1,7 mg/day

vitamin B7

30 µg/day



Alcohol consumption can impact absorption and lead to **vitamin B1** deficiency.

SIGNS OF DEFICIENCY

B1
[THIAMINE]

Changes in the nervous system and swelling [beriberi].

B2
[RIBOFLAVIN]

Oral mucosal lesions [corners of the mouth, lips and tongue].

B3
[NIACIN]

Fatigue, dermatitis and nervous system problems [pellagra].

B5 [PANTOTHENIC
ACID]

Fatigue, general malaise, weak nails and hair.

B6
[PYRIDOXINE]

Insomnia, weakness and numbness in the limbs.

B7
[BIOTINE]

Muscular pain, dermatitis and weight loss.