

[IMAGE]

Know Your B Vitamins

When taking a nutritional supplement, how often are you looking for the percentage of B vitamins? Did you know it is critical to get an adequate amount of B vitamins in your diet in order to help your body process energy from the food you eat?

The B vitamin group consists of B1 (thiamine), B2 (riboflavin), B3 (niacin), B5 (pantothenic acid), B6, B7 (biotin), B12 and folic acid. These are the vitamins you should be looking out for in your daily supplement.

What are some other advantages to knowing your vitamin B group?

For one, these vitamins help form red blood cells, which is vital to your overall health.

Besides supplements you can also make sure you get your B vitamins from other sources as well other than your daily supplements. You can also get B vitamins from proteins such as fish, poultry, meat, eggs, and dairy products. Leafy green vegetables, beans, and peas also have B vitamins. Many cereals and some breads have added B vitamins.

Not getting enough of certain B vitamins can cause diseases. A lack of B12 or B6 can cause anemia. So make sure you know your B vitamins and the vital role they play in your health. Talk to your chiropractor about recommending a good vitamin B supplement.

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