



To B Vitamin or Not To B Vitamin?

Supplements High in B Complex: Brewer's Yeast & Nutritional Yeast

Thiamine (vitamin B1): Essential for energy production & nerve cell function. Deficiency symptoms may include fatigue, depression, pins and needles sensation and numbness in legs. Foods high in B1 are brown rice, sunflower seeds, peanuts, oatmeal, buckwheat lentils and nuts

Riboflavin (vitamin B2): Crucial for production of energy and needed in regenerating Glutathione helpful in protecting against free radical damage. Deficiency symptoms may include cracking of the lips in the corner of the mouth, visual sensitizes, can also produce anemia. Foods high in B2 are milk, eggs, almonds, mushrooms whole grains, beans and green leafy vegetables

Niacin (vitamin B3): Essential in energy production, metabolism of fat, helping in manufacturing sex and adrenal hormones, regulation of blood sugar, detoxification reaction and healthy skin. Deficiency symptoms may include scaly dermatitis, cracking skin, confusion and dementia and diarrhea from impaired mucous lining of the gastrointestinal tract. Foods high in B3 are milk, fish, eggs, whole grains, sesame seeds, avocados

Pantothenic Acid (vitamin B5): necessary in the utilization of fats and carbohydrates in energy production and manufacturing of adrenal hormones as well as red blood cells. Deficiency symptoms may include fatigue, numbness, and shooting pains in the feet. Foods high in B5 are milk, fish, poultry, whole grains, legumes, sweet potatoes, broccoli, cauliflower, oranges & mushrooms.

Pyridoxine (vitamin B6): Important in formation of body proteins, nervous system reactions, red blood cells, maintaining hormonal balances, immune function. Deficiency symptoms may include depression, anemia, impaired function, skin disturbances. Foods high in B6 legumes, bananas, seeds, nuts, potatoes, brussels sprouts, and cauliflower.

Cobalamin (vitamin B12): stored in the liver, kidneys, and other body tissues, plays a critical role in proper energy metabolism, immune function, and nerve function. Deficiency symptoms may take time to show-include impaired nerve function, impaired mental function. Foods high in B12 Animal foods, eggs, fish, meat, cheese, yogurt***vegans and vegetarians may want to consider supplement with B12, not found in plant food***

Biotin: Supports strong nails, hair and skin
Deficiency symptoms dry skin, poor nails and hair
Foods high in Biotin cheese, eggs, mushrooms, nuts, whole wheat.

Folic Acid: Also known as Folate and Folacin; critical in cellular division, necessary in DNA synthesis, critical in the development of the nervous system of a growing fetus. Deficiency symptoms depression, insomnia, irritability, forgetfulness, and female reproductive issues. Foods high in Folic Acid green leafy vegetables, legumes, root vegetables, avocados, mushrooms

(Not approved by the FDA, the above is not intended to diagnose, treat or cure disease information gathered from the Encyclopedia of Nutritional Supplements by: Michael T. Murray)

Looking for your B-Vitamins

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