

Practical Nutrition Tips: Food Sources of B Vitamins



The B Vitamin Complex

The B vitamin complex includes many individually identified vitamins that may be commonly known. Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic Acid (B5), Pyridoxine (B6), Cobalamin (B12), Biotin (B7), Choline, Folic Acid (B9), and Inositol. These are water soluble, which means they are not stored in any great amount in the body and therefore need to be eaten regularly. We think of them as a "complex" due to the fact that they are commonly found together in foods and they act synergistically, supporting the effectiveness of each when eaten as [whole foods](#).

Further Reading

[Fish Safety](#)

[Vitamin B12](#)

[Guide to Superfoods](#)

[Love Liver](#)

[Whole Grains](#)

[Replacing White Flour with Whole Grains in 4 Easy Steps](#)

Rich in the following foods...

Fish (halibut, salmon, scallops, shrimp, snapper, cod, tuna)

Lean Beef, Lamb

Organ Meats (liver, tongue, etc.)

Yeast : Brewer's, Nutritional, Torula

Beans: Black, Green & Split Peas, Lima,, Lentils, Navy, Pinto

Grains: Brown Rice, Wheat Germ, Quinoa, Whole Grains

Mushrooms, Spinach

Bananas

Yogurt, eggs

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Supports the following systems...

Cardiovascular (muscle tone & nerve conduction)

Digestion (use of carbs, proteins & fats in rebuilding you)

Blood (supports maturation of red blood cells)

Immune (supports detox & antibody production)

Musculoskeletal (use of food as energy & muscle energy)

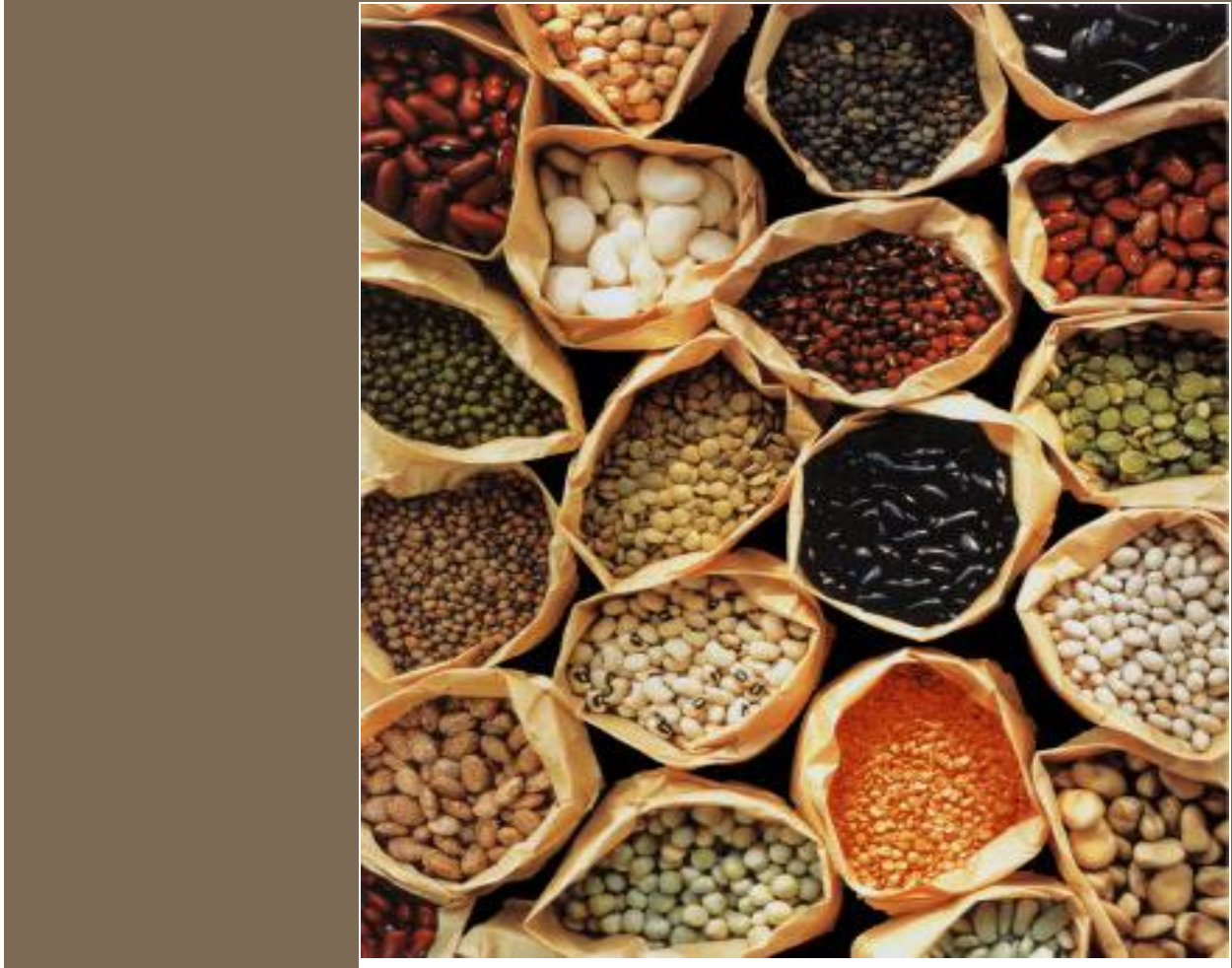
Nervous (both relaxation & energy, nerve function, cognitive ability)

Depleted by...

Sugar, coffee, alcohol, high carb diets, stress and infections

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