

VITAMIN B1

Also known as Thiamine

Basics

- Essential vitamin - the body can't produce it - must be obtained via diet or supplementation.
- A regular dietary intake is necessary given its limited ability to be stored and rapid excretion from the body.

Important for

- Energy production - helps convert proteins, fats, and carbohydrates into energy
- Maintenance of nerve cells and brain health
- Heart health and function
- Digestive health - helps in stomach acid production
- Immune function support

Food sources

- Nuts, seeds, beans, lentils
- Meats such as pork/ham
- Salmon, tuna, trout, fish roe, mussels
- Green peas, asparagus



Vitamin B1 Deficiency

- Fatigue, exhaustion, brain fog, memory problems, mood swings, muscle weakness, or pain—vitamin B1 is required for proper muscle contraction and relaxation.
- Heart failure with edema/swelling, an enlarged heart, a rapid heartbeat, and breathing problems
- Neurological complications include peripheral neuropathy, malaise, seizures, numbness, and sometimes seizures.
- Limit alcohol consumption, as it impairs vitamin B1 absorption in the gastrointestinal tract, leading to thiamine deficiency.
- Maintain adequate B1 levels, which helps with improved cognitive function and helps prevent cognitive decline.
- Correct any suspected magnesium deficiency, as magnesium is a required cofactor in converting thiamine into its active form.
- Suggested daily intake: Men: 1.2 mg. Women: 1.1 mg