

## A Guide to the B Complex Vitamins

There is a lot of discussion about the B complex vitamin and how it is essential for the body to perform a multitude of functions. However, the B complex vitamin is not simply one very complicated vitamin, as the name might suggest. There are actually eight B vitamins that are in the B complex vitamin as well as a few other related substances. The eight vitamins that make up the B complex vitamin are thiamine or vitamin B1, riboflavin or vitamin B2, niacin or vitamin B3, pyridoxine or vitamin B6, cobalamine or vitamin B12, folic acid, pantothenic acid and biotin. The other related substances that are also in the B complex vitamin include choline, inositol and para-aminobenzoic acid.

Every part of the B complex vitamin performs its own individual function within the body but it is when they work together as the B complex vitamin that they provide essential maintenance for the body to remain healthy. The B vitamin complex comprises B vitamins which are water soluble and it is essential that enough of these vitamins are consumed on a daily basis. The body cannot store water soluble vitamins such as the B complex vitamin and this leads to a regular intake being required.

The B complex vitamins are extremely beneficial for a number of conditions and may be needed in additional quantities at certain times in a person's life. Of course, there is a recommended daily allowance for the B complex vitamins that varies according to the sex and age of a person. However, doctors and other health professionals have discovered the benefits of increasing the intake of the B complex vitamin to help overcome certain illnesses.

Many people suffer from anxiety and stress at one time or another and research has found that the B complex vitamin can be beneficial in helping alleviate the symptoms of anxiety and stress. If a person has been unwell the B complex vitamin can be extremely valuable in aiding the recovery process. Fatigue can be a symptom of a multitude of illnesses as well as simply overdoing things but the B complex vitamin can help alleviate general tiredness and lethargy.

Interestingly, some skin conditions, such as dermatitis, can also benefit from addition B complex vitamin intake. In fact, a number of creams and other skin preparations contain added vitamin B complex that can be absorbed by the skin to alleviate the condition. The condition of a person's hair will also be greatly improved with sufficient B complex vitamin intake.