

The Different Types of B Vitamins

There are a large number of B vitamins that are needed to keep all of the body functions performing properly. All of the B vitamins are essential for a number of different processes. Without sufficient B vitamins the blood supply would not be healthy and this leads to a variety of illnesses and diseases. The brain needs B vitamins to function correctly and the heart also needs B vitamins to stay healthy and prevent heart disease and food is broken down into the various nutrients by B vitamins. In fact, just about every organ and process within the body requires at least one form of the B vitamin.

Thiamin, or B1, is the B vitamin that the body needs to keep all of its cells, especially the nerves, functioning correctly. It is especially important for memory and general mental health and is one of the B vitamins that is required to convert food into energy.

Riboflavin, or B2, is the B vitamin that is essential for releasing the energy from food that has been consumed. Without this B vitamin the body cannot grow or develop properly as red blood cells will not be as healthy as they should be.

Niacin, or B3, is the B vitamin that is involved in over fifty processes, ranging from detoxifying chemicals to making hormones and releasing energy from food.

Pantothenic acid, or B5, works with several other B vitamins for a number of essential processes including breaking down fats, proteins, and carbohydrates into energy and is also the B vitamin that is needed to form vitamin D, a variety of hormones, and red blood cells.

Pyridoxine, or B6, is the B vitamin that is largely responsible for redistributing the amino acids to create over five thousand proteins that are needed by the body and is also one of the B vitamins needed to form various enzymes.

Biotin, or B7, is one of the B vitamins that are involved in a number of processes within the body, including the breaking down of fats, carbohydrates and proteins into useable energy forms.

Folic acid, or B9, is the essential B vitamin for aiding in cell growth and division, especially during pregnancy. This B vitamin is also necessary to make natural chemicals which control the appetite, moods and quality of sleep. It is also the best B vitamin for helping lower the chances of suffering a heart attack or stroke by keeping the arteries open.

Cobalamin, or B12, is one of the B vitamins that is important in the process of converting the carbohydrates, proteins, and fats into energy. This B vitamin is also vital in forming the protective covering of nerve cells and to keep red blood cells healthy, and help prevent heart disease.