



## B Vitamins



### Overview

This is a group of eight nutrients we can't live without. They help us get energy from the foods we eat. They help form red blood cells. They also affect many other body functions.

### How we get them

Our bodies can't make the B vitamins we need. What are some good sources? You get B vitamins from a wide variety of foods. Fish, poultry, and meat are rich in B vitamins. So are eggs and dairy products. You can get them from leafy green vegetables, beans and peas. And many foods, like bread and breakfast cereals, contain added B vitamins.

### Health benefits

What are the health benefits? B vitamins keep your energy levels up. B vitamins help your brain, eyes and muscles. They help your cardiovascular health. Ask your doctor for a full list of health benefits.

### When we don't get enough

What happens if you don't get enough B vitamins? Well, you can slowly see many problems. Your body may not make enough red blood cells. The ones it does make may not work well. You can feel fatigued and have shortness of breath. You may lose weight, and feel tired. You may feel dizzy. Eventually, you may have things like confusion and an irregular heartbeat.

### Conclusion

For more info about the role B vitamins play in your health, talk to your doctor.

