

Vitamin B₁

Vitamins



Vitamin B₁

What is it?

Vitamin B₁ is thiamine. Thiamine is necessary in order for the cell to create energy out of glucose. It is water-soluble.

Why do I need it?

You must have thiamine in order for your body to go through the process of aerobic metabolism. It also plays a key role in the maintenance of your nervous system. It promotes the healthy development of the myelin sheath (the fat-like covering) of the nerve. Without thiamine, a patient may begin to feel the sensation of prickliness over their body. It is an essential part of the proper development and maintenance of the nervous system messaging system. Because this system is essential to the communication between nerve and muscle, hence muscle tone, a deficiency of thiamine may result in muscles that don't work well. That's what happens with the disease Beri-Beri, a heart disease that manifests as heart failure. And that same process may result in constipation.

The major risk factor for Thiamine deficiency is alcohol. Alcoholics who are deficient may find themselves not only with heart failure but with the unusual neurological disease, Wernicke/Korsakoff Syndrome. These patients find themselves with severe short-term memory loss, and unable to walk well. They may present as very pleasant folks who confabulate the truth. If they are fed without thiamine, the food will not be able to be utilized, hence the nickname yellow bagger. In any given ER in

urban America, you might find a number of yellow IV bags. These bags are chock full of thiamine which must be infused along with the glucose preparation in order for the alcoholic to receive the nutrition.

Where do I find it?

The best sources of Vitamin B₁ are greens.

Peas, boiled (1 cup)	.41 mg.
Carrots, raw (1 cup)	.12 mg.
Orange, one	.11 mg.
Tuna, 4 oz. baked or broiled	.57 mg.
Corn, yellow boiled (1 cup)	.36 mg.
Sunflower Seeds-dried (1/4 c)	.82 mg.

How much do I need?

Adult males: 1.2 mg daily

Adult females: 1.1 mg daily

Lactating females: 1.5 mg daily

You need only very tiny amounts of these nutrients, but vitamins are absolutely essential for your health.

