

B Vitamin Deficiency Symptoms

Vitamin B appears to help relieve stress. There are probably enough B group vitamins in most of the food that we eat, but if you want to look into [natural alternatives](#)

for better health then consult your doctor or natro-path for advice on taking this vitamin.

B vitamins are important to emotional and neurological health. If you take supplemental B complex with your regular multi-vitamin/mineral, you should take a combination with extra C; this helps your body to metabolize the B vitamins better.

Please see the following **vitamins chart** for your reference:

Vitamins	Benefits	Daily Dosage	Source	Deficiency
Vitamin B1	B1 promotes growth; stimulates brain action; indispensable for the health of the entire nervous system; prevents fatigue and increases stamina; -my favourite - prevents edema and fluid retention, also aids in digestion and metabolism	100mg/ day	Wheat germ, liver, pork, whole & enriched grains, dried beans	A deficiency of B1 can result in fatigue, irritability, memory lapses, insomnia, loss of appetite, and stomach upset.
Vitamin B2	Processes amino acids and fats. Also activates vitamin B-6 and folic acid.	25mg/ day	Dairy products, green leafy vegetables (like spinach), whole & enriched grains	A deficiency can cause symptoms of depression . People at risk include women who take oral contraceptives and those in the second trimester of pregnancy.
Vitamin B3	Improves circulation and reduces the cholesterol level in the blood; maintains the nervous system; helps maintain a healthy skin, tongue & digestive system.	50mg/ day	Meat, poultry, fish, nuts, whole & enriched grains, dried beans	A deficiency of this vitamin can cause depression. Left untreated, it can lead to psychosis and dementia. Symptoms of a deficiency include agitation, anxiety, and mental lethargy.
Vitamin B5	B5 protects against most physical and mental stresses, increases vitality, can help against premature aging.	100mg/ day	Lean meats, whole grains, legumes	Deficiency cause chronic fatigue, greying/ loss of hair , mental depression, irritability, dizziness, muscular weakness, stomach distress and constipation.
Vitamin B6	The principle vitamin for processing amino acids. Also helps convert nutrients into energy.	200mg/ day	Fish, poultry, lean meats, whole grains	deficiency symptoms are; nervousness, eczma, insomnia, irritability, migraine
Vitamin B12	Maintains healthy nervous system and assists with blood cell formation.	25 mcg/ day	Liver, lean meat, fish and poultry, eggs, dairy products	Pernicious anemia and nervous system disorders.
Biotin	Aids in the utilization of protein, folic acid, Pantothenic acid, and Vitamin B-12, promotes healthy hair.	150 mcg/ day		Deficiency may cause eczma, dandruff, hair loss, skin disorders, loss of appetite, extreme fatigue, confusion, mental depression,, drowsiness, and hallucinations.

Vitamins and depression What is the relationship between the Vitamins and Depression? There are a variety of vitamin deficiencies that can lead to [depression symptoms](#). Correcting deficiencies, when present, often relieves depression

B-Vitamin Problems May Cause Depression in Some. The first clinical effects of insufficient vitamin B complex are mood changes, insomnia, changes in appetite, sugar craving and impaired drug metabolism. As a group, the B vitamins plays an important role both in alleviating [depression](#) and in relieving the anxiety and restlessness which often accompanies it.

See the chart to know effects of various vitamins and minerals deficiency in depression See the chart which explains in a nutshell the benefits, deficiency effects, source and daily dosage of the B Vitamin family.

Vitamin B1 and its deficiency leading Depression **Vitamin B1** is essential for nerve stimulation and for metabolism of carbohydrates to give brain energy as well as body energy. Deficiency symptoms include mood disorders, anxiety, insomnia, restlessness, night terror etc.

Vitamin B - B2 and its deficiency leading Depression Although this vitamin itself has not generally associate with emotional states, researchers find that diets restricted only in riboflavin produce adverse personality changes, including aggressive personality alterations.

Vitamin B3 Vitamin B deficiency has been associated with depression and anxiety. It helps in irritability and other mental disturbances.

Vitamin B - B5 **Vitamin B5** is active in the formation of the neurotransmitter acetylcholine, which can be involved in some depression. A deficiency can cause depression, fatigue and allergies.

Vitamin B6 Vitamin B6 has a major importance in regulating your mood disorders and is the most implicated of all the vitamins in the cause and treatment of depression.

Vitamin B12 and its deficiency leading depression The mental changes caused by deficiency of Vitamin B12 can range from difficulty in concentrating or remembering, mental fatigue and low moods, to a [severe depression](#), intense agitation etc.

Reference website: <http://www.depression-guide.com/vitamin-deficiency.htm>