



Vitamin B1, B2 and B3

Aidan Harrington



Vitamin B1 (Thiamine)

Basics:

- ▶ Helps keep nervous system healthy
- ▶ Converting food into energy
- ▶ Not produced by body
- ▶ Many sources of food
- ▶ Man-made forms as well.



Benefits for an athlete

- Delay fatigue and exhaustion over prolonged sessions.
- Can help cope with jet lag
- Helps decrease production of lactic acid



Very beneficial for both endurance and power athletes because:









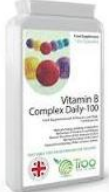
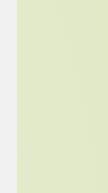
- Endurance athletes need to go long periods of time without fatigue.
- Power athletes use anaerobic respiration so build up lactic acid straight away.

Natural sources:

- Beef
- Liver
- Dried milk
- Nuts
- Oats
- Oranges
- Pork
- Eggs
- Seeds
- Legumes
- Peas
- Yeast
- Pasta
- Rice
- Breads
- Cereals
- Flour



Man-Made forms:

									
BIOVEA Vitamin B1 (High Potency)...	Vitamin B1 100mg 90 Caps. High...	Vitamin B1 30 Veg Capsules	NOW FOODS Vitamin B-1 100m...	Solgar Vitamin B1 (Thiamin) 100 mg...	Vitamin B1 Tablet (Thiamin...	Vitamin B+	Lamberts Thiamin (Vitamin B1) 90...	Vitamin B Complex Daily 120 Capsules	Vi TH
£9.05	£4.95	£5.32	£5.87	£8.49	£3.99	£24.99	£10.95	£9.97	£3
Biovea UK	Nature's Best	BioCare	MZ Store	Indigo Herbs ★★★★★ (123)	Premium Raws	BodyBio UK	Vitamins For Life	Troo Health Care	eE

- Very cheap
- Very accessible
- Daily dosage so can always keep levels up
- 100mg tablets most common.
- Range from £5 to £10 on average.



Vitamin B2(Riboflavin)

- ▶ Water soluble
- ▶ Travels through bloodstream
- ▶ Any unwanted supply leaves in urine
- ▶ Only be stored in small amounts, so supply drops quick therefore need to be consumed every day.



What it does:

- ▶ Breaks down proteins, fats and carbohydrates.
- ▶ Helps convert carbohydrates to ATP
- ▶ Therefore vital in regulating energy levels



Sources of B2

- Fish, meat and poultry
- Eggs
- Dairy
- Asparagus
- Avocados
- Lima and navy beans
- Mushrooms
- Nuts
- Many more



Recommended daily intake of Vitamin B2 for men aged 19 and over is 1.3mg a day and for women is 1.1mg a day.

B2 supplements

- Easily accessible
- A tablet a day
- Very cheap
- Easy supply for athletes to get hold of



NOW B-2 (100 Capsules)

£5.95 [Dolphin Fitness](#) **98% positive** (929) | [Compare prices from 5+ shops](#)

★★★★★ 854 product reviews

Vitamin B-2, also known as **Riboflavin**, is a member of the B-vitamin family. It occurs naturally in green vegetables, liver ...

NOW · Hair, Skin & Nails · Energy · Eye Care · Vitamins · Capsule · Sugar-free · Gluten-free · Dairy-free



B-2 (Riboflavin), 100 mg, 180 Tablets

£4.48 [Piping Rock Health Products](#) **86% positive** (1,710)

★★★★★ 8 product reviews

Piping Rock · Vitamins · Pill



Vitamin B2 50mg 100 Caps. High Strength Riboflavin. 100% UK-Made.

£5.70 [Nature's Best](#) **98% positive** (3,072)

Isopure · Vitamins · Capsule



Health Aid Vitamin B2 100mg 60 Tablets

£5.45 [Express Chemist](#) **98% positive** (622) | [Compare prices from 10+ shops](#)

★★★★★ 5 product reviews

HealthAid is one of the UK's leading manufacturers of nutritional and balanced **supplements**. HealthAid is the market leader ...

Health Aid · Hair, Skin & Nails · Energy · Immune Support · Eye Care · Vitamins · Pill · Vegan · Herbal · Gluten-free

Vitamin B3 (Niacin)

- ▶ Water-soluble vitamin
- ▶ Aids skin and nervous system
- ▶ Aids digestive system
- ▶ Can be produced by the body from the amino acid tryptophan

What it does:

- ▶ Helps breakdown carbohydrates, fats and proteins and helps convert them into energy.
- ▶ Involved in production of some hormones in adrenal glands
- ▶ Removes harmful chemicals from liver
- ▶ Used to treat headaches as well as dizziness and circulation problems.



Sources of vitamin B3

- Yeast
- Meat
- Fish
- Milk
- Eggs
- Nuts
- Green
- Vegetables
- Beans
- Breads
- Cereal



Recommended to have 16mg for adult males and 14 for adult non pregnant women.

Niacin supplements

- The common Niacin supplement consists of daily tablets
- Around 500mg
- range in prices from £5-£10.



Vitamin B3 250mg 100 Tabs. High Strength, Pure Grade Niacin.

£4.95 Nature's Best **98% positive** (3,072)

Isopure · Vitamins · Niacin · Pill



NOW Niacin 500 mg (100 Capsules)

£5.95 Dolphin Fitness **98% positive** (929) | [Compare prices from 10+ shops](#)

★★★★★ 116 product reviews

Niacin (vitamin B-3) is an essential vitamin B group necessary for good health. Take 1 capsule a day, as needed, with a meal ...

NOW · Hair, Skin & Nails · Cleanse · Vitamins · Niacin · Capsule · Gluten-free · Dairy-free

Other options: [105 Gr - 100 Tablets \(€6\)](#) [235 Gr - 250 Tablets \(€9\)](#)



Solgar Niacin 500 mg (100 Vegetable Capsules)

£8.99 Dolphin Fitness **98% positive** (929) | [Compare prices from 5+ shops](#)

★★★★★ 74 product reviews

Many B vitamins are interdependent, and thus it is best to take them in combination, such as through a B-complex or a multiple ...

Solgar · Hair, Skin & Nails · Digestive Health · Heart Health · Vitamins · B Complex · Niacin · Capsule · Vegan · Sugar-free

Other options: [250 \(€30\)](#)



Solgar Niacin 100 mg (100 Tablets)

£4.49 Dolphin Fitness **98% positive** (929) | [Compare prices from 10+ shops](#)

★★★★★ 34 product reviews

Niacin 100 mg (Vitamin B3) Tablets is a B vitamin that performs many beneficial functions in the body, supporting energy ...

Solgar · Hair, Skin & Nails · Heart Health · Vitamins · B Complex · Niacin · Pill · Vegan · Gluten-free · Dairy-free