

Vitamins B1, B2 and B3

Vitamin B1 (Thiamine):

Vitamin B1 or Thiamine helps keep the nervous system healthy and also aids with converting food into energy. Thiamine can not be produced by the body however can easily be gathered from certain foods and even man-made dosages that would be given to people with vitamin B1 deficiency. You can get thiamine prescriptions that come as standard-release and slow-release tablets as well as being able to buy thiamine supplements like vitamin B complex tablets from standard pharmacies and supermarkets.

Benefits of Vitamin B1 for physical activity include:

- Can delay fatigue and exhaustion in prolonged session.
- Can help with jet lag
- May help decrease production of lactic acid.

Food sources of vitamin B1:

- | | | | |
|----------|----------------|-------------|---------------|
| • Cereal | • Nuts | • Eggs | • Kale |
| • Beef | • Whole grains | • Asparagus | • Oranges |
| • Pork | • Pulses | • Potatoes | • Cauliflower |

Standard accessible Vitamin B1 supplements usually range in prices from £5 up to £10 depending on how many capsules they contain and the size of these capsules. The common mass is 100mg but there are other masses present.



Vitamin B2 (Riboflavin):

Vitamin B2 dissolves in water and so travels through the bloodstream and any supply not needed leaves the body in urine. Vitamin B2 can only be stored in small amounts meaning supply goes down at a quick rate and so need to be consumed every day. Most of Vitamin B2 is absorbed in the intestines.

What does it do?:

Riboflavin helps break down proteins, fats and carbohydrates. This makes it very significant in regulating the body's energy levels. It helps convert carbohydrates into ATP. ATP is vital for storing energy in muscles.

According to Oregon State University, the recommended daily allowance of vitamin B2 in for men aged 19 years and over is 1.3 milligrams per day, and for women, it is 1.1 milligram per day.

Sources of Vitamin B2:

- Fish, meat, and poultry, such as turkey, chicken, beef, kidneys, and liver
- Eggs
- Dairy
- Asparagus
- Avocados
- Lima and navy beans
- Mushrooms
- Parsley
- Pumpkins
- Nuts
- Artichokes
- Fortified cereals
- Currants

Standard form of supplement to buy is around 50-200 capsules totalling to 100mg ranging from prices of around £5-£8 however there larger forms of supplements are available for example 60 capsules and about 400mg for £21.



shutterstock.com • 519432247

Vitamin B3 (Niacin):

Vitamin B3 is a water-soluble vitamin that has many uses in the body. It aids the skin and nervous system as well as the digestive system. The human body can produce niacin from the amino acid tryptophan.

Sources:

- | | |
|---------|--------------------|
| • Yeast | • Nuts |
| • Meat | • green vegetables |
| • Fish | • Beans |
| • Milk | • Enriched breads |
| • Eggs | • Enriched cereals |

What it does:

Niacin helps the body break down carbohydrates, fats and proteins and convert them into energy. It also is involved in producing some hormones in the adrenal glands as well as helping to remove harmful chemicals from the liver. Niacin is also used for treating headaches, dizziness and circulation problems and to reduce diarrhoea caused by cholera.

The recommended daily amount of niacin for adult males is 16 milligrams (mg) a day and for adult women who aren't pregnant is 14 mg a day.

The common Niacin supplement consists of daily tablets totalling to around 500mg and range in prices from £5-£10.

