

B

Vitamin Information Guide

Update on B-Vitamins Intake

Eight essential B vitamins are found in Doctor's Best Fully Active B complex. These include:

- B1** thiamin
- B2** riboflavin
- B3** niacin
- B5** pantothenic acid
- B6** pyridoxine
- B7** biotin
- B9** folate
- B12** methylcobalamin

The human body relies on B vitamins for a wide range of bodily functions, including development and growth.* Enzymes, which are proteins that determine various chemical reactions in your body, rely on the various kinds of vitamin B for proper functioning.* The B vitamins are vital for turning the food you eat into energy.* Since B vitamins are water-soluble, excess B-vitamins are washed out through your urine.* Though they are rare, overdoses and allergic reactions are possible.*

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Why Vitamin B Supplements Sometimes Cause Side Effect Reactions?

There are several reasons you may experience a reaction after taking vitamin supplements. It is not uncommon for some hypersensitive individuals to exhibit allergic-like symptoms when taking B vitamins. You might experience side effects of supplements containing high doses of B vitamins above the recommended daily intake. Flushing, which can happen after ingesting high doses of niacin, is a common side effect that can occur even for people without vitamin B sensitivity.

What Side Effects Have Been Observed?

If you experience allergic-like symptoms within 2 to 10 minutes of taking vitamin B supplements, you may be hypersensitive and should discontinue use and consult your physician. Symptoms to watch out for include:

- Rash
- Hives
- Itching
- Difficulty breathing
- Wheezing
- Facial swelling or flushing
- Chest tightness

You may also experience side effects from too much niacin in supplements or vitamin B12 in injections, as well.

Niacin is an essential nutrient your body requires on a day-to-day basis to function properly. Niacin aids in proper skin, nerve, and digestive system function and is necessary to convert the food you eat to energy.

Too Much Niacin = Niacin Flushing: Despite the many benefits, taking too much of it can cause side effects.

While niacin flushing won't happen from eating niacin-rich foods, it is a common side effect of niacin supplements (especially in doses more than 50 milligrams). However, just because you experience flushing doesn't mean you're getting too much niacin, because flushing is a sign of blood vessels dilating in your body. This can lead to itching, burning, tingling, and redness of your face, chest, and arms. Flushing can cause headaches as well, so taking small doses of aspirin before niacin supplements may help reduce this unpleasant side effect.

These effects may worsen if you drink alcohol or hot beverages shortly after taking niacin or niacin containing products.

How to Get Relief?

If you experience an allergic reaction after taking B vitamins supplements, stop taking them immediately and talk to your doctor.

Avoid High Doses: Unless told by your doctor, avoid exceeding tolerable upper intake levels for B vitamins.



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