

B VITAMINS

Sign up for your first B-vitamin injection and receive a 30-minute consult with our naturopathic doctor today!
At Graham Rehabilitation and Wellness we provide the most comprehensive and effective B vitamins to our patients.

B vitamin	Uses: All B vitamins are used to help digest and extract energy from the foods you eat by converting nutrients from macronutrients to useable energy in the form of “ATP”. Pharmaceutical medications, poor diet and high stress can contribute to B vitamin deficiencies.
B1- Thiamine	Essential to many functions within the body, including the proper function of the nervous system and muscles. It is also responsible for the metabolism of carbohydrate, hydrochloric acid production which is essential for digestion and other multiple enzymatic processes within the body. Because this vitamin is responsible for converting carbohydrates into glucose to be used by our bodies for fuel, it is very important to those who are watching their weight or trying to shed some pounds. This vitamin regulates the important functions of the cardiovascular, endocrine, nervous, and digestive systems. Supports energy levels, improving fatigue.
B2- Riboflavin	Primarily helps the body grow and produce adequate and healthy red blood cells. Having enough red blood cells is necessary to the body’s ability to release energy from consumed carbohydrates. Helps convert carbohydrate to glucose for fuel. Maintains the health of blood cells, facilitates healthy metabolism, preventing free radical damage. Protects skin, eye, nerve, heart and blood health. Reduces inflammation, hormonal function, and is used to maintain a healthy metabolism and digestive system.
B3- Niacin/ Nicotinamide	Responsible for boosting a person’s “good” cholesterol levels which means it can help treat high cholesterol and triglycerides. When paired with a low-fat, low calorie diet, as well as a moderate exercise plan, this B vitamin has shown positive results in numerous clinical studies for reducing overall fat storage in the body. Due to its benefits, it can decrease the risk of heart attacks and stroke due to narrowing of arteries. This vitamin is also used in individuals with acquired type 1 DM, schizophrenia, erectile dysfunction, hypochlorhydria, acne vulgaris, Alzheimer’s, ADHD, alcohol addiction, dysmenorrhea, insomnia, osteoarthritis, trigeminal neuralgia, HIV infections. This vitamin is also an antidote for LSD intoxication.
B5- pantothenic acid	Because of its vital role in breaking down proteins, carbohydrates and fats, this vitamin can be essential to those who are trying to lose weight. Improved cardiovascular health, helps reduce LDL cholesterol and triglycerides, and increases HDL. Maintains healthy nerve function, improves mental performance, helps control the body’s stress response, helps with wound healing. Helps with symptoms of rheumatoid arthritis, AIDS and lupus in its immune function, helps fight acne and protects skin health. It is a great supporter of adrenal health.

B6- Pyridoxine	<p>Helps in the synthesis of neurotransmitters serotonin and norepinephrine. It is responsible for regulating over 100 enzymes, each with its own vital role in maintaining optimal health of the human body. Because this vitamin is responsible for basically every aspect of metabolism, it can be a very important dietary aid for those who are trying to lose weight. Maintains healthy blood vessels and blood cells, supports brain function, helps improve mood, protects eye health, can help prevent or reduce symptoms of rheumatoid arthritis. Helps relieve PMS symptoms, can decrease nausea during pregnancy and regulate sleep cycles.</p>
B12- cobalamin	<p>Cobalamin is considered by most doctors and nutritionists to be the most important of all vitamins in the B complex family. Unlike some of the other B vitamins, B12 is made from carbons instead of minerals. Our bodies require it in order to perform normal metabolic processes. The things B12 is responsible for in our bodies includes, but is not limited to: producing red blood cells, supporting normal operation of nerve cells, producing the insulation that surrounds a majority of our nerve cells (known as myelin), and the successful replication of DNA. Vitamin B12 deficiency has been linked to obesity, fatigue, poor sleep, decreased energy, poor mood. Vegans are at increased risk of this deficiency. <i>Our form of B12 is methylcobalamin versus cyanocobalamin for better absorption and health maintenance purposes.</i></p>
Folic Acid	<p>This is a water-soluble nutrient that is responsible for producing new cells within our bodies. Without enough folic acid in our bodies, our bowels are unable to absorb vitamins, minerals and nutrients from the foods we consume. Because of its importance to our bodies, folic acid has been added to most foods since 1988 and is included in multi-vitamin supplements. When paired with Vitamins B12 and C and B9, it can help the body burn the calories consumed from food for energy instead of converting them to fat. 5-MTHF is essential for maintaining healthy brain chemistry and is responsible for the normal production of the neurotransmitters serotonin, melatonin, dopamine, epinephrine, and norepinephrine. These neurotransmitters are involved in a number of functions including short-term memory, concentration, sleep, motor control, hormone control, mood stability, motivation, and appetite control. Low folate levels have been associated with mood disorders and supplemental folate might be recommended as first line therapy.</p>