

# VITAMIN B COMPLEX DEFICIENCY CHART

VITAMIN	COMMON DEFICIENCY SYMPTOMS	KEY FOOD SOURCES
<b>B1 (Thiamine)</b>	Fatigue, irritability, poor memory, loss of appetite, Beriberi.	Whole grains, pork, sunflower seeds, legumes.
<b>B2 (Riboflavin)</b>	Cracks at corners of mouth, sore throat, light sensitivity.	Eggs, organ meats, milk, spinach, almonds.
<b>B3 (Niacin)</b>	Digestive issues, skin inflammation, Pellagra, mental confusion.	Chicken, tuna, mushrooms, peanuts, brown rice.
<b>B5 (Pantothenic Acid)</b>	Numbness/burning in hands/feet, headache, restlessness.	Beef, avocado, broccoli, fortified cereals.
<b>B6 (Pyridoxine)</b>	Anemia, depression, weakened immune function, dermatitis.	Chickpeas, salmon, potatoes, bananas.

<b>VITAMIN</b>	<b>COMMON DEFICIENCY SYMPTOMS</b>	<b>KEY FOOD SOURCES</b>
<b>B7 (Biotin)</b>	Hair thinning, brittle nails, red scaly rash around eyes/nose.	Cooked eggs, sweet potatoes, nuts, yeast.
<b>B9 (Folate)</b>	Mouth sores, fatigue, heart palpitations, neural tube defects.	Leafy greens, beans, citrus fruits, liver.
<b>B12 (Cobalamin)</b>	Pernicious anemia, numbness, balance issues, cognitive fog.	Clams, beef, dairy, nutritional yeast, trout.

Note: This chart is for educational purposes only. Consult a healthcare professional for diagnosis.