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How much vitamin b complex should I take? by [Abbatha Odetta](#)

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Vitamin B complex contains eight subtypes of vitamin B and these are vitamins B1 or thiamine, B2 or riboflavin, B3 or niacin, B5 or pantothenic acid, B6 or pyridoxine, B7 or biotin, B9 or folic acid and last but not the least B12 or cyanocobalamin. Vitamin B complex is very important for our body because holistically helps in increasing the metabolism, maintains the healthy nails, skin and hair, boosting immune system and proper functioning of the nervous system, promotes the growth and division of our cells and providing red blood cells to prevent anemia. Specifically vitamin B1 is necessary for the conversion of carbohydrates to form glucose. Glucose is the primary source of energy that is used by the body. The other vitamins that help in production of energy by converting the glucose to energy are the vitamins B2, B3, B5, B6 and B7. How much vitamin B complex should I take in order to provide the needed energy on a daily basis particularly the vitamin B1? For men it is recommended to take 1.5 mg and for women is 1.1 mg a day. This can be achieved through intake of pork, lean meats, eggs and green leafy vegetables.

For a healthy nervous system vitamin B complex is essential because it regulates the adrenal glands'™ functioning including the control of production of other hormones in the body, this is the major role of vitamin B5. The recommended vitamin B5 or the pantothenic acid for both sexes are from 4 to 7 mg to answer the question how much vitamin B complex should I take a day. The good sources of vitamin B5 are eggs, legumes, whole grains, vegetables and beef. Vitamin B5 can actually help in the prevention of neural tube defects for the growing baby inside the womb of their mother. Another subtype of vitamin B that is very helpful is the niacin or vitamin B3. Niacin helps in reducing the fat cholesterol from the food we eat thereby lowering also the risk of having heart diseases. B3 is available on foods such as fish, whole grains, lean meat and poultry. How much vitamin B complex should I take to have enough vitamins B3? It is advisable for men to take 19mg of B3 and for women is 15mg daily and for pregnant is 17 mg.

Vitamin B2 is important for maintaining the mucous membranes of the digestive system and aids in absorption of iron to prevent anemia and B6 absorption. The foods rich in B2 or riboflavin are liver, yeast, milk and green leafy vegetables. How much vitamin b complex should I take to have the desirable effect of B2 in the body? The right amount would be 1.7mg for men and 1.3 mg for women. Right amount of riboflavin is necessary to avoid having skin lesions on the mouth and nose if intake of this is insufficient, too much intake would also cause increase concentration color of urine but it is actually harmless.

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