Experts Reveal the Warning Signs of B Vitamin Deficiency

Melissa Scott September 13, 2017

Divine Bounty B Complex

B vitamins can be obtained from food, yet there are still many who end up deficient with this vitamin.

(Newswire.net -- September 13, 2017) Orlando, FL -- Vitamins are considered to be one of the most important nutrients for human health and survival. B vitamins are among these nutrients, and when the body has adequate amounts of them, it could potentially lead to a variety of undesirable health outcomes.

Experts reveal the warning signs of B vitamin deficiency. Health care providers always tell the public to have a balanced diet. This is due to the fact that the building blocks for good health can be obtained from a variety of foods.

B vitamins are key players in the maintenance of cell health and energy. It is important to understand that there are different types of B vitamins, and they have varying functions. There are B vitamins that can be found in meat and dairy products while others are in vegetables and fruits.

It is worth realizing that B vitamin deficiencies could lead to a host of health problems. Pregnant women and older adults normally require more B vitamins. There are also certain conditions that lead to poor vitamin B absorption, such as Celiac disease, Crohn's disease, and HIV.

According to experts, deficiency symptoms can actually depend on the type of vitamin that is lacking. These symptoms can actually range from confusion and fatigue to anemia or even a compromised immune system.

Deficiency could potentially lead to the development of skin disorders, and it can manifest in a form of dry and cracking skin. B vitamin complex is needed to have a healthy skin.

According to the Colorado State University Extension, when there is a deficiency, it could lead to dry skin, dermatitis, and cracks at the corners of the mouth. It could also lead to frequent bruising and wounds that may take time to heal.

It could also lead to fatigue, lack of coordination, weakness, and wasting away of muscles. There are even those who suffer from pain or soreness in the joints or muscles.

The U.S. Office of Dietary Supplements even reports that there are certain cases of deficiency that lead to tingling or numbness in the fingers or toes. Other symptoms are insomnia, headaches, confusion, and irritability.

While B vitamins can be obtained from food, there are still many who end up deficient with this vitamin. There are, however, certain formulas like Divine Bounty B Vitamin Complex that provide a variety of the essential B vitamins for human health.

This carefully crafted formula is highly potent and pure, and is made in an FDA-approved facility in the United States. It contains Choline, Pantothenic acid, Biotin, Vitamin B12, Folic Acid, Niacin, Riboflavin, Thiamin, and vitamin B6, which are all needed for human health.

Divine Bounty B Vitamin Complex also comes with a 100 percent customer satisfaction guarantee.

(https://www.amazon.com/dp/B07414752B)

About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at

http://www.DivineBounty.com.

Divine Bounty

12001 Research Parkway
Suite 236 A
Orlando, FL 32826
United States
(407) 545 7738
media@divinebounty.com
http://www.DivineBounty.com

Source: http://newswire.net/newsroom/pr/00097792-experts-reveal-the-warning-signs-of-b-vitamin-deficiency.html