Thiamine Deficiency Found to Be a Nutritional Brain Bomb

Melissa Scott  December 29, 2017

Divine Bounty B-Vitamin Complex, which contains Choline, Pantothenic acid, Biotin, Vitamin B12, Folic Acid, Niacin, Riboflavin, Thiamin and vitamin B6.

(Newswire.net -- December 29, 2017) Orlando, FL -- The brain has many nutritional needs, and this especially includes vitamins like thiamine. When there are insufficient amounts of thiamine inside the body, it could lead to a variety of undesirable health consequences.

Thiamine deficiency has been found to be a nutritional brain bomb. According to health experts, one of the most alarming, potentially dangerous deficiencies to the brain is that of thiamine. It is also called Wernike's Encephalopathy.

Thiamine is one of the B vitamins that is needed for various bodily functions. There are many people nowadays who ensure that they have adequate amounts of this vitamin, and they do it through supplementation. One of the most recommended supplements today is Divine Bounty B-Vitamin Complex.

According to experts, alcohol has an ability to interfere with the absorption of thiamine in the intestines. Those who obtain most of their calories from alcohol are actually found to be more susceptible to low thiamine levels.

The brain and the nerves lower energy, and it is important to understand that thiamine is a cofactor of a zillion energetic reactions. When the body burns glucose, it needs more thiamine.

It is worth realizing that thiamine is actually a cofactor of various enzymes, which include transketolase, pyruvate dehydrogenase and alpha-ketoglutarate dehydrogenase. Deficiency in this mineral produces a diffuse reduction in the cerebral glucose utilization, which leads to mitochondrial damage.

It is worth mentioning that chronic thiamine deficiency can’t be cured. It can also lead to Korsakoff's psychosis, which is a particular type of brain syndrome.

Health care experts have long been advising the public to ensure they have adequate amounts of thiamine inside the body. This B vitamin has many roles to play for optimum human health and survival.

There are many thiamine formulas available in the market today and they can even be purchased in just a matter of clicks. One to consider is Divine Bounty B-Vitamin Complex, which contains Choline, Pantothenic acid, Biotin, Vitamin B12, Folic Acid, Niacin, Riboflavin, Thiamin and vitamin B6.

B vitamins play different roles inside the body and this is why it would be extremely helpful to use Divine Bounty B Vitamin Complex. This formula is crafted carefully according to the high standards and strict guidelines of the U.S. FDA.

It is GMP-certified, and it continues to gain increasing trust and interest among many consumers. It is superior over other brands due to the fact that it is not just highly potent and pure, but is also protected with a complete customer satisfaction guarantee.

(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.