**Role of Vitamin B in alleviating stress and anxiety**

Stress can be caused by external and internal forces. Stress can be much more than a busy schedule. Changes in blood sugar, magnesium and folate levels, and even the adrenal system can all increase stress levels in the body. These changes are often brought about not by of a firestorm at work, but because of a vitamin deficiency. Specifically, a vitamin B deficiency. Of the 13 essential vitamins, vitamin B is the most closely tied to stress. Manage the B-group levels, and the entire body and mind will benefit.

**Vitamin B1 (thiamine)**

Like other B vitamins, B1 supports healthy organ functioning, and thiamine has been found effective in treating a variety of anxiety disorders. It does this by helping to maintain a healthy nervous system which is important for effectively combating the stress symptoms.

**Vitamin B6 (pyridoxine)**

Research on pyridoxine shows it’s successful as an anti-stress therapeutic that can have a significant impact on serotonin and GABA, the neurotransmitters that control anxiety and depression.

**Vitamin B9 (folic acid) and B12 (cobalamin)**

Vitamins B9 and B12 are both thought to treat symptoms of anxiety.

Folic acid has many uses in the body, and B9 deficiency has been linked to higher levels of anxiety and depression. When taken in conjunction with B12, these B super-vitamins help metabolize serotonin, which is important for mood regulation.

Vitamin B12 is considered an important brain and nervous system micronutrient and is often used for anxiety. It helps to ensure normal function for your nerves, which can help combat physical symptoms of anxiety. Someone with a deficiency in bitamin B12 may experience increased feelings of anxiety and other potential sychiatric symptoms. Therefore, vitamin B12 can be a great supplement to take if advised by a doctor.

**Vitamin B3 (niacin)**

Since niacin isn’t stored in the body, many people are likely lacking this all-important B vitamin that helps keep your nervous system, digestive system, and skin healthy. Niacinamide (a form of vitamin B3) has been shown in animals to work in the brain in ways similar to anxiety medications. While further research is needed, some studies show that niacinamide might be beneficial in treating anxiety disorders.