# Full spectrum of B vitamins in foods + brands

comprehensive list of **organic, fair trade, and non-GMO foods** containing the **full spectrum of B vitamins** (B1, B2, B3, B5, B6, B7, B9, B12), along with their approximate amounts per serving. Nutritional values are provided per 100g or a standard serving size as available.

### **1. Whole Grains**

**Examples**: Organic quinoa, farro, amaranth, brown rice, millet, oats

* **B1 (Thiamine)**: 0.3–0.5 mg
* **B2 (Riboflavin)**: 0.1–0.2 mg
* **B3 (Niacin)**: 1–5 mg
* **B5 (Pantothenic Acid)**: 0.5–1.3 mg
* **B6 (Pyridoxine)**: 0.1–0.3 mg
* **B7 (Biotin)**: Trace amounts
* **B9 (Folate)**: 20–40 µg
* **B12 (Cobalamin)**: Not present

### **2. Legumes**

**Examples**: Lentils, chickpeas, black beans, mung beans, edamame

* **B1**: 0.1–0.4 mg
* **B2**: 0.05–0.2 mg
* **B3**: 0.5–2 mg
* **B5**: 0.5–1.2 mg
* **B6**: 0.2–0.5 mg
* **B7**: Trace amounts
* **B9**: 50–200 µg
* **B12**: Not present

### **3. Seeds and Nuts**

**Examples**: Sunflower seeds, flaxseeds, almonds, walnuts, chia seeds

* **B1**: 0.2–0.4 mg
* **B2**: 0.1–0.3 mg
* **B3**: 1–3 mg
* **B5**: 0.4–1 mg
* **B6**: 0.1–0.3 mg
* **B7**: 5–10 µg (in sunflower seeds)
* **B9**: 20–50 µg
* **B12**: Not present

### **4. Leafy Greens**

**Examples**: Spinach, kale, Swiss chard, collard greens

* **B1**: 0.02–0.1 mg
* **B2**: 0.1–0.2 mg
* **B3**: 0.2–0.5 mg
* **B5**: 0.05–0.3 mg
* **B6**: 0.1–0.2 mg
* **B7**: Trace amounts
* **B9**: 100–250 µg
* **B12**: Not present

### **5. Organic Mushrooms**

**Examples**: Shiitake, maitake, crimini, portobello

* **B1**: 0.1–0.2 mg
* **B2**: 0.4–0.5 mg
* **B3**: 3–6 mg
* **B5**: 1.5–3.5 mg
* **B6**: 0.1–0.3 mg
* **B7**: Trace amounts
* **B9**: 20–40 µg
* **B12**: Found in trace amounts in some species exposed to UV light

### **6. Fermented Foods**

**Examples**: Organic tempeh, miso, sauerkraut, kimchi, kombucha

* **B1**: 0.1–0.2 mg
* **B2**: 0.1–0.3 mg
* **B3**: 0.5–3 mg
* **B5**: 0.3–1 mg
* **B6**: 0.1–0.2 mg
* **B7**: Trace amounts
* **B9**: 10–50 µg
* **B12**: Found in trace amounts (depending on bacterial cultures used)

### **7. Organic Dairy and Eggs**

**Examples**: Pasture-raised eggs, grass-fed yogurt, cheese, milk

* **B1**: 0.02–0.1 mg
* **B2**: 0.3–0.6 mg
* **B3**: 0.1–0.3 mg
* **B5**: 0.8–1.5 mg
* **B6**: 0.1–0.2 mg
* **B7**: 20–25 µg (in egg yolk)
* **B9**: 20–50 µg
* **B12**: 0.5–1.5 µg

### **8. Organic Animal Proteins**

**Examples**: Grass-fed beef, wild-caught salmon, pasture-raised chicken

* **B1**: 0.1–0.2 mg
* **B2**: 0.1–0.3 mg
* **B3**: 5–15 mg
* **B5**: 0.5–1.5 mg
* **B6**: 0.5–0.8 mg
* **B7**: Trace amounts
* **B9**: 5–20 µg
* **B12**: 1–8 µg

### **9. Seaweeds and Algae**

**Examples**: Nori, spirulina, chlorella

* **B1**: 0.1–0.2 mg
* **B2**: 0.3–0.6 mg
* **B3**: 0.5–3 mg
* **B5**: 0.5–1 mg
* **B6**: 0.1–0.4 mg
* **B7**: Trace amounts
* **B9**: 50–150 µg
* **B12**: 2–6 µg (especially in chlorella and nori)

### **Notes:**

1. **B12** is primarily found in animal products and fortified foods. For plant-based options, seaweeds, fermented foods, and fortified nutritional yeast are key sources.
2. Fermentation and sprouting can enhance the bioavailability of B vitamins in grains and legumes.

Here’s a detailed list of **organic, non-GMO brands** for foods rich in B vitamins. Each section includes brands, the B vitamins they provide (ranked by concentration), and their scientific concentrations where data is available.

### **1. Whole Grains**

**Examples**: Organic quinoa, oats, millet, amaranth, brown rice

* **Brands**:
  + *Bob’s Red Mill* (Organic Oats, Millet, Amaranth)
  + *Alter Eco* (Organic Quinoa)
  + *Lundberg Family Farms* (Organic Brown Rice)

#### **Top B Vitamin Concentrations (100g)**

1. **B3 (Niacin)**: 2.6–6 mg (e.g., brown rice, quinoa)
2. **B5 (Pantothenic Acid)**: 0.8–1.2 mg (e.g., amaranth)
3. **B1 (Thiamine)**: 0.3–0.4 mg (e.g., oats, millet)
4. **B6 (Pyridoxine)**: 0.2–0.3 mg
5. **B2 (Riboflavin)**: 0.1–0.2 mg
6. **B9 (Folate)**: 20–50 µg

### **2. Legumes**

**Examples**: Lentils, chickpeas, black beans, edamame

* **Brands**:
  + *Eden Foods* (Organic Lentils, Black Beans, Chickpeas)
  + *Pacific Foods* (Organic Edamame)

#### **Top B Vitamin Concentrations (100g)**

1. **B9 (Folate)**: 150–400 µg (e.g., lentils, chickpeas)
2. **B3 (Niacin)**: 1.5–2 mg (e.g., black beans)
3. **B5 (Pantothenic Acid)**: 0.6–1.2 mg
4. **B1 (Thiamine)**: 0.2–0.4 mg
5. **B6 (Pyridoxine)**: 0.3–0.5 mg
6. **B2 (Riboflavin)**: 0.1–0.2 mg

### **3. Seeds and Nuts**

**Examples**: Sunflower seeds, flaxseeds, chia seeds, almonds, walnuts

* **Brands**:
  + *Terrasoul Superfoods* (Organic Sunflower Seeds, Flaxseeds, Chia Seeds)
  + *Navitas Organics* (Organic Chia Seeds, Walnuts)
  + *Blue Diamond* (Non-GMO Almonds)

#### **Top B Vitamin Concentrations (100g)**

1. **B3 (Niacin)**: 4–6 mg (e.g., sunflower seeds, almonds)
2. **B5 (Pantothenic Acid)**: 0.7–1.2 mg
3. **B1 (Thiamine)**: 0.3–0.4 mg
4. **B6 (Pyridoxine)**: 0.1–0.3 mg
5. **B9 (Folate)**: 20–80 µg (highest in sunflower seeds)
6. **B7 (Biotin)**: 5–10 µg

### **4. Leafy Greens**

**Examples**: Spinach, kale, Swiss chard

* **Brands**:
  + *Earthbound Farm* (Organic Spinach, Kale)
  + *Taylor Farms* (Organic Swiss Chard, Baby Kale)

#### **Top B Vitamin Concentrations (100g)**

1. **B9 (Folate)**: 200–260 µg (e.g., spinach)
2. **B2 (Riboflavin)**: 0.1–0.2 mg
3. **B6 (Pyridoxine)**: 0.1–0.2 mg
4. **B5 (Pantothenic Acid)**: 0.05–0.2 mg

### **5. Organic Mushrooms**

**Examples**: Shiitake, maitake, crimini

* **Brands**:
  + *Fungi Perfecti* (Organic Shiitake, Maitake)
  + *Monterey Mushrooms* (Organic Crimini, Portobello)

#### **Top B Vitamin Concentrations (100g)**

1. **B5 (Pantothenic Acid)**: 1.5–3.6 mg (e.g., shiitake)
2. **B3 (Niacin)**: 4–6 mg
3. **B2 (Riboflavin)**: 0.4–0.5 mg
4. **B1 (Thiamine)**: 0.1–0.2 mg
5. **B9 (Folate)**: 30–40 µg

### **6. Fermented Foods**

**Examples**: Tempeh, sauerkraut, kimchi

* **Brands**:
  + *Wildbrine* (Organic Sauerkraut, Kimchi)
  + *Lightlife* (Organic Tempeh)

#### **Top B Vitamin Concentrations (100g)**

1. **B3 (Niacin)**: 1–3 mg
2. **B1 (Thiamine)**: 0.1–0.3 mg
3. **B9 (Folate)**: 15–50 µg

### **7. Organic Dairy and Eggs**

**Examples**: Pasture-raised eggs, yogurt

* **Brands**:
  + *Vital Farms* (Pasture-Raised Organic Eggs)
  + *Straus Family Creamery* (Organic Yogurt, Milk)

#### **Top B Vitamin Concentrations (100g)**

1. **B12 (Cobalamin)**: 0.4–1.5 µg (highest in eggs, yogurt)
2. **B2 (Riboflavin)**: 0.3–0.6 mg
3. **B5 (Pantothenic Acid)**: 0.8–1.2 mg
4. **B7 (Biotin)**: 20–25 µg (in eggs)

### **8. Animal Proteins**

**Examples**: Grass-fed beef, wild-caught salmon, chicken

* **Brands**:
  + *Vital Choice* (Wild-Caught Salmon)
  + *ButcherBox* (Grass-Fed Beef)
  + *Mary’s Organic Chicken*

#### **Top B Vitamin Concentrations (100g)**

1. **B3 (Niacin)**: 5–15 mg (highest in salmon, chicken)
2. **B12 (Cobalamin)**: 1–8 µg (highest in salmon, beef)
3. **B6 (Pyridoxine)**: 0.5–0.8 mg
4. **B5 (Pantothenic Acid)**: 0.6–1 mg

### **9. Seaweeds and Algae**

**Examples**: Nori, spirulina, chlorella

* **Brands**:
  + *Maine Coast Sea Vegetables* (Organic Nori)
  + *Nutrex Hawaii* (Spirulina, Chlorella)

#### **Top B Vitamin Concentrations (100g)**

1. **B12 (Cobalamin)**: 2–6 µg (highest in nori, spirulina)
2. **B9 (Folate)**: 50–150 µg
3. **B3 (Niacin)**: 0.5–3 mg

The **B vitamins that most benefit cellular repair** include:

### **1. Vitamin B3 (Niacin)**

* **Role in Cellular Repair:**
  + Essential for the production of **NAD+ (Nicotinamide Adenine Dinucleotide)**, a coenzyme critical for cellular energy metabolism and DNA repair.
  + NAD+ activates enzymes like **PARPs (Poly ADP-Ribose Polymerases)**, which repair damaged DNA and maintain genomic stability.
  + Helps mitigate oxidative stress, a major factor in cellular damage.
* **Food Sources**: Grass-fed beef, chicken, mushrooms, sunflower seeds, quinoa.

### **2. Vitamin B9 (Folate)**

* **Role in Cellular Repair:**
  + Integral to **DNA synthesis and repair**, especially during periods of rapid cell division and growth.
  + Provides methyl groups in the **methylation cycle**, necessary for proper DNA repair and gene expression.
* **Food Sources**: Lentils, leafy greens (spinach, kale), asparagus, avocado, fortified foods.

### **3. Vitamin B12 (Cobalamin)**

* **Role in Cellular Repair:**
  + Works with B9 (Folate) in DNA synthesis and repair.
  + Critical for the maintenance of the **myelin sheath** around nerve cells, ensuring proper nerve function and cellular communication.
* **Food Sources**: Eggs, wild-caught fish, organic dairy, and nori (for plant-based options).

### **4. Vitamin B5 (Pantothenic Acid)**

* **Role in Cellular Repair:**
  + Forms **Coenzyme A (CoA)**, vital for the synthesis and repair of cellular membranes.
  + Important for wound healing and cellular rejuvenation.
* **Food Sources**: Mushrooms, avocados, legumes, whole grains.

### **Which B Vitamin is Most Critical?**

**Niacin (B3)** is particularly critical for cellular repair due to its role in generating NAD+, which directly supports DNA repair and combats cellular aging. However, **B9 (Folate)** and **B12** are equally important, as they support genetic stability and cell division, particularly for tissues under high regeneration demand.

For optimal cellular repair, a balanced intake of all B vitamins is recommended, as they work synergistically.