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B Vitamins







The B vitamins are:

- B1 (thiamine)
- B2 (riboflavin)
- B3 (niacin)
- B5 (pantothenic acid)
- B6
- B7 (biotin)
- B12
- Folic acid [<https://medlineplus.gov/folicacid.html>]


These vitamins help the process your body uses to get or make energy from the food you eat. They also help form red blood cells. You can get B vitamins from proteins such as fish, poultry, meat, eggs, and dairy products. Leafy green vegetables, beans, and peas also have B vitamins. Many cereals and some breads have added B vitamins.

Not getting enough of certain B vitamins can cause diseases. A lack of B12 or B6 can cause **anemia** [<https://medlineplus.gov/anemia.html>] .

Start Here

- Niacin [<https://ods.od.nih.gov/factsheets/Niacin-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)
- Pantothenic Acid [<https://ods.od.nih.gov/factsheets/PantothenicAcid-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)
Also in Spanish [<https://ods.od.nih.gov/factsheets/PantothenicAcid-DatosEnEspanol/>]
- Riboflavin [<https://ods.od.nih.gov/factsheets/Riboflavin-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)
Also in Spanish [<https://ods.od.nih.gov/factsheets/Riboflavin-DatosEnEspanol/>]
- Thiamin [<https://ods.od.nih.gov/factsheets/Thiamin-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)
Also in Spanish [<https://ods.od.nih.gov/factsheets/Thiamin-DatosEnEspanol/>]
- Vitamin B12 [<https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)
Also in Spanish [<https://ods.od.nih.gov/factsheets/VitaminB12-DatosEnEspanol/>]
- Vitamin B6 [<https://ods.od.nih.gov/factsheets/VitaminB6-Consumer/>]  (National Institutes of Health, Office of Dietary Supplements)
Also in Spanish [<https://ods.od.nih.gov/factsheets/VitaminB6-DatosEnEspanol/>]

Diagnosis and Tests

- Homocysteine Test [<https://medlineplus.gov/lab-tests/homocysteine-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-homocisteina/>]

Methylmalonic Acid (MMA) Test [<https://medlineplus.gov/lab-tests/methylmalonic-acid-mma-test/>]

 (National Library of Medicine)

Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-acido-metilmalonico/>]

- Vitamin B Test** [<https://medlineplus.gov/lab-tests/vitamin-b-test/>]  (National Library of Medicine)

Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-vitamina-b/>]

Related Issues

- Niacin to Improve Cholesterol Numbers** [<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/niacin/ART-20046208?p=1>] (Mayo Foundation for Medical Education and Research)

Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/high-blood-cholesterol/in-depth/niacin/art-20046208?p=1>]

- Vitamin B-12 and Depression: Are They Related?** [<https://www.mayoclinic.org/diseases-conditions/depression/expert-answers/vitamin-b12-and-depression/FAQ-20058077?p=1>] (Mayo Foundation for Medical Education and Research)

Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/depression/expert-answers/vitamin-b12-and-depression/faq-20058077?p=1>]

- Vitamin B12-Deficiency Anemia** [<https://www.nhlbi.nih.gov/health/anemia/vitamin-b12-deficiency-anemia>]

 (National Heart, Lung, and Blood Institute)

Also in Spanish [<https://www.nhlbi.nih.gov/es/salud/anemia/anemia-por-deficiencia-de-vitamina-b12>]

- Vitamin Deficiency Anemia** [<https://www.mayoclinic.org/diseases-conditions/vitamin-deficiency-anemia/symptoms-causes/syc-20355025?p=1>] (Mayo Foundation for Medical Education and Research)

Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/vitamin-deficiency-anemia/symptoms-causes/syc-20355025?p=1>]

Genetics

- Transcobalamin deficiency: MedlinePlus Genetics** [<https://medlineplus.gov/genetics/condition/transcobalamin-deficiency>]

 (National Library of Medicine)

Clinical Trials

- ClinicalTrials.gov: Biotin** [<https://clinicaltrials.gov/search?intr=%22Biotin%22&aggFilters=status:not%20rec>]

 (National Institutes of Health)

- ClinicalTrials.gov: Niacin** [<https://clinicaltrials.gov/search?intr=%22Niacin%22&aggFilters=status:not%20rec>]

 (National Institutes of Health)

- ClinicalTrials.gov: Riboflavin** [<https://clinicaltrials.gov/search?intr=%22Riboflavin%22&aggFilters=status:not%20rec>]

 (National Institutes of Health)

- ClinicalTrials.gov: Thiamine** [<https://clinicaltrials.gov/search?intr=%22Thiamine%22&aggFilters=status:not%20rec>]

 (National Institutes of Health)

- ClinicalTrials.gov: Vitamin B Complex** [<https://clinicaltrials.gov/search?intr=%22Vitamin+B+Complex%22&aggFilters=status:not%20rec>]

 (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)


- Article: Associations of one-carbon metabolism, related B-vitamins and ApoE genotype with cognitive...** [<https://www.ncbi.nlm.nih.gov/pubmed/40717068>]

- Article: Role of B vitamins in modulating homocysteine and metabolic pathways linked...** [<https://www.ncbi.nlm.nih.gov/pubmed/40684250>]

- Article: Maternal red blood cell folate and vitamin B metabolism with pregnancy...** [<https://www.ncbi.nlm.nih.gov/pubmed/40604534>]

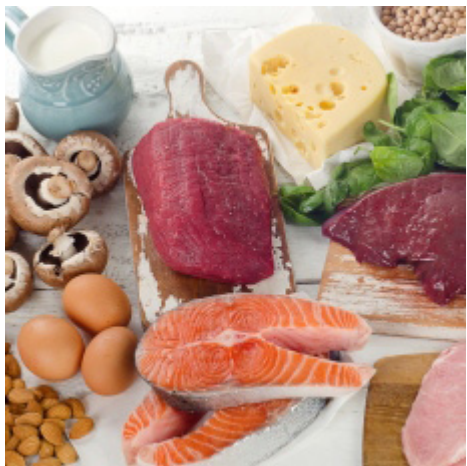
- B Vitamins -- see more articles** [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Vitamin+B+Complex%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- Find a Nutrition Expert [<https://www.eatright.org/find-a-nutrition-expert>] (Academy of Nutrition and Dietetics)
- Food and Drug Administration [<https://www.fda.gov/>]
- Food and Nutrition Information Center [<https://www.nal.usda.gov/programs/fnic>]
- National Institutes of Health, Office of Dietary Supplements [<https://ods.od.nih.gov/>] 

Patient Handouts

- Beriberi [<https://medlineplus.gov/ency/article/000339.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000339.htm>]
- Niacin [<https://medlineplus.gov/ency/article/002409.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002409.htm>]
- Pantothenic acid and biotin [<https://medlineplus.gov/ency/article/002410.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002410.htm>]
- Pellagra [<https://medlineplus.gov/ency/article/000342.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000342.htm>]
- Riboflavin [<https://medlineplus.gov/ency/article/002411.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002411.htm>]
- Thiamin [<https://medlineplus.gov/ency/article/002401.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002401.htm>]
- Vitamin B12 [<https://medlineplus.gov/ency/article/002403.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002403.htm>]
- Vitamin B12 deficiency anemia [<https://medlineplus.gov/ency/article/000574.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000574.htm>]
- Vitamin B12 level [<https://medlineplus.gov/ency/article/003705.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003705.htm>]
- Vitamin B6 [<https://medlineplus.gov/ency/article/002402.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/002402.htm>]



MEDICAL ENCYCLOPEDIA

- Beriberi [<https://medlineplus.gov/ency/article/000339.htm>]
- Niacin [<https://medlineplus.gov/ency/article/002409.htm>]
- Niacin for cholesterol [<https://medlineplus.gov/ency/patientinstructions/000788.htm>]
- Pantothenic acid and biotin [<https://medlineplus.gov/ency/article/002410.htm>]

Pellagra [<https://medlineplus.gov/ency/article/000342.htm>]

Pernicious anemia [<https://medlineplus.gov/ency/article/000569.htm>]

Riboflavin [<https://medlineplus.gov/ency/article/002411.htm>]

Schilling test [<https://medlineplus.gov/ency/article/003572.htm>]

Subacute combined degeneration [<https://medlineplus.gov/ency/article/000723.htm>]

Thiamin [<https://medlineplus.gov/ency/article/002401.htm>]

Vitamin B12 [<https://medlineplus.gov/ency/article/002403.htm>]

Vitamin B12 deficiency anemia [<https://medlineplus.gov/ency/article/000574.htm>]

Vitamin B12 level [<https://medlineplus.gov/ency/article/003705.htm>]

Vitamin B6 [<https://medlineplus.gov/ency/article/002402.htm>]

Related Health Topics

Folic Acid [<https://medlineplus.gov/folicacid.html>]

Vitamins [<https://medlineplus.gov/vitamins.html>]

National Institutes of Health

The primary NIH organization for research on *B Vitamins* is the NIH Office of Dietary Supplements [<https://ods.od.nih.gov/>]

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