

Vitamin B		
COMPONENTS		
	1.	B-1 (thiamine)
	2	B-2 (riboflavin)
	3	B-3 (niacin)
	4.	B-5 (pantothenic acid)
	5.	B-6 (pyridoxine)
	6	B-7 (biotin)
	7.	B-9 (folic acid)
	8.	B-12 (cobalamin)
DEFICIENCY		
	1.	Weakness
	2.	Weight loss
	3.	Soreness of mouth or tongue
	4.	Confusion
	5.	Loss of appetite
RECOMMENDED SUPPLEMENTS		
	1.	Biotin gummies
	2.	Persona vitamin B12
	3.	Nordic naturals vitamin B complex
SMOOTHIES		
	1.	Green smoothie
	2.	Apricot yogurt smoothie
	3.	Wheat germ smoothie
	4.	Blueberry pear smoothie
LUNCH/ DINNER		
	1.	Rajma
	2.	Jowar and vegetable porridge
	3.	Bajra and green pea kichdi
	4.	Egg dosa
	5.	Sauteed cauliflower
SNACKS		
	1.	Almond bread
	2.	Spinach raita
	3.	Cabbage pockets
	4.	Milk products
SALADS		
	1.	Asparagus salad
	2.	Brussel sprouts salad

3. Spinach and carrot salad
4. Avocado salad

