**Buzz with the B's: Nature's Energy Elixir**

**Brief Description:**

This engaging course for doctors covers the vital roles of B vitamins, their history in diets, modern delivery methods, and the impact of genetics.

Learn practical ways to improve patient outcomes with actionable insights and real-life scenarios.

Each module includes self-assessment questions to test your knowledge and a reference list for deeper learning.

Gain a strong foundation in B vitamin therapy and confidently apply it in your clinical practice.

**Learning Objectives:**

* Understand the key roles of B vitamins in health and energy production.
* Learn how ancient diets naturally provided B vitamins.
* Compare modern methods for delivering B vitamins (oral, sublingual, IM, IV).
* Explore how genetics affect B vitamin absorption and use.
* Apply practical strategies to treat B vitamin deficiencies.
* Test knowledge with self-assessments.
* Access resources to strengthen B vitamin therapy skills.