



## *B-vitamins in pregnancy*

Milk, meat, fish and eggs are taboo for [vegans](#).

If pregnant women do not do this, the birth weight is not affected, but it can still be dangerous for the child: The risk of [premature birth](#) increases, as a Norwegian study of 11,000 pregnant women has shown, by as much as 21 percent. The reason is a lack of [vitamin B12](#) - which is almost exclusively in animal products and cannot be produced by the body itself. If the vitamin is missing in the body, anemia and damage to the nervous system can occur.

If dietary advice alone cannot compensate for the deficiency, taking B12



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supplements is certainly sensible.

### **Screaming babies**

Not only pregnant vegans, but also pregnant women with a normal diet rely on the additional intake of vitamin B12 supplements to avoid symptoms of deficiency.

A Dutch research team has now analyzed the concentration of vitamin B12 in the blood of almost 3000 pregnant wo-

men in the first three months of pregnancy. The astonishing result is that later screaming babies were eight times more likely to be present in mothers with prenatal Vitamin B12 deficiency.

The researchers suspect that the baby's nervous system has not fully developed, which results in sleep disorders. Less melatonin is then released, which controls the day-night rhythm, and the protective biomembrane myelin can only incompletely develop around the nerve cells in the brain.



## Nutrition by vitamin B deficiency

All B vitamins are water soluble, so they are excreted in the urine if overdosed. The functions of the B vitamins in the body are so closely related that a deficiency of only one vitamin in this group rarely occurs. For this reason, a combination preparation is suitable for both deficiency conditions and increased demand (e.g. stress, growth phase).

Vitamin B1 contributes to the generation of energy from food and is necessary for the functioning of the nervous system. The daily requirement depends on the composition of the food. Carbohydrates and alcohol increase it, while high-fat food lowers the need. The average daily requirement is 1-2mg. More vitamin B1 is required during pregnancy and breastfeeding. Vit. B1 is contained in yeast, cereals, vegetables, potatoes and offal.

Vitamin B2 is necessary for the breakdown of fat and protein. The daily requirement is 1-2mg, a little more during pregnancy. A part of this need is generated by the intestinal bacteria. Vit. B2 is contained in yeast, cereals, legumes, milk, cheese and offal.

Vitamin B6 is important in the body for protein metabolism. The daily requirement is usually about 1-2mg, but is higher with a protein-rich diet, during pregnancy and when taking the contraceptive pill. However, this increased need is usually covered by a balanced diet.

Vitamin B6 is found in yeast, cereals, bananas, vegetables, organ meats, milk and eggs.

The B vitamins also include vitamin B12, folic acid, nicotinamide and dexpanthenol.

Vitamin B1 deficiency leads to

- A headache.
- Loss of appetite.
- Stomach pain.
- Constipation.

Memory and concentration disorders.

Vitamin B2 deficiency leads to

- chapped lips and corners of the mouth.
- dry, inflamed skin.
- burning and itchy eyes.
- Photophobia.

Vitamin B6 deficiency leads to

- Loss of appetite.
- Nausea, nausea.
- inflamed oral mucosa.
- dry skin.

Vitamin B1-B2 deficiency occurs

- on strict one-sided diets.
- if you do not eat the foods that contain the corresponding B vitamin.

Vitamin B6 deficiency

occurs almost never due to diet due to the frequent occurrence in numerous foods.

Vitamin B overdose

leads to nerve irritation with all B vitamins, e.g. "formication" in arms and legs, general hypersensitivity to nerve stimuli.

Vitamin B- preparations

Usually as a combination preparation of the three B vitamins, as dragées or tablets.

Vitamin B6 is used for pregnancy breaks and menstrual cramps.

B-vitamin complex preparations are taken for nerve pain and inflammation, sometimes in combination with pain relievers.

Use of dexpanthenol as a cream, ointment, lotion, solution, lozenge for inflammation and dryness of the skin and mucous membrane.

source

<http://www.meine-gesundheit.de>