

Could My Patient Need Vitamin B?

by Ronald L. Myers, CNC

According to the Surgeon General's Report of 1988, over ninety percent of Americans are nutrient deficient in their diet. If we also consider that Vitamin B Complex is one of the first nutrients destroyed or lost in the processing of food, we can see that B Complex insufficiency is far more rampant than is currently accepted. The following chart can be used to determine the need for one or more of the B vitamins in your patients.

INDICATOR

VITAMIN B NEED

Blood Chemistry

Elevated Anion Gap (>12)
(with CO₂ < 24, severe thiamine need)

Vitamin B1 (cocarboxylase)
Bio 3B-G 3 tablets with each meal

Physical

Edema of Ankles (wet beri beri)

Vitamin B1 (cocarboxylase)
Bio 3B-G 3-5 tablets with each meal

Muscle cramps on exertion

Vitamin B1 (cocarboxylase)
Bio 3B-G 3 tablets with each meal

Paresthesia of extremities

Vitamin B6 (pyridoxal-5-phosphate)
B6 Phosphate 2 tablets with each meal

Mental

Depression
{*Uni-polar/Bi-polar*}

Vitamin B Complex
Bio 3B-G 3 tablets with each meal

Unwarranted fear of impending doom

Vitamin B1 (cocarboxylase)
Bio 3B-G 3 tablets with each meal

Karsakoff Syndrome

Vitamin B1 (cocarboxylase)
Bio 3B-G 5 tabs 3x daily

Tongue

Cracks and fissures in the tongue

Vitamin B Complex insufficiency (severe)
Bio 3B-G 3 with each meal

Scarred tongue

Vitamin B1 (cocarboxylase)
Bio 3B-G 3 tablets with each meal

Purplish tongue

Vitamin B2 (riboflavin phosphate)
Bio GGG-B 3 tablets just before meals

Bright red tongue, sore gums, mouth

Vitamin B3 (Niacin)
Ultra 500 Niacinamide (1 Tab 3x/day w/food)

Enlarged tongue

Vitamin B5 (Panthothenic acid)
Bio B Complex 4 tablets daily

Burning sensations in mouth

Vitamin B6 (pyridoxal 5 phosphate)
B6 Phosphate 2 tabs w/each meal

Smooth, shiny tongue
Also ulcerated lips, sore mouth & throat

Vitamin B12/Folic Acid
B12 2000 1 lozenge each meal & bedtime
Folic Acid 800 1 tab with each meal

Coated tongue

Protein putrefication in gut
Hydrozyme 2-3 tabs w/each meal