



## THE BENEFITS OF B VITAMINS

The B vitamins are a group of essential vitamins that are good for your daily health.\* Because your body can't make these essential vitamins, you have to get them from food or supplements.

One benefit of B vitamins is they play a key role in transforming the food you eat into cellular energy.\* Beyond cellular energy, B vitamins support many other processes throughout your body, and support overall health and wellness.\*

### WHAT ARE THE DIFFERENT B VITAMINS?

Because there are so many B vitamins, each one has both a name and a number. Learn more about these key B vitamins that help support your health.\*

#### NIACIN (VITAMIN B3)

Niacin supports how your body converts food into cellular energy.\* You can find niacin in a variety of foods, including poultry, beef, fish, nuts, beans, enriched cereals, and grains.

#### PANTOTHENIC ACID (VITAMIN B5)

Pantothenic acid helps turn the food you eat into cellular energy.\* It's found in many foods, especially fortified breakfast cereals, meat, fish, milk, eggs, and avocados.

#### PYRIDOXINE (VITAMIN B6)

Vitamin B6 is involved in over 100 reactions in the body, including converting food into cellular energy.\* Vitamin B6 is found in beans, fish, poultry, enriched cereals, bananas, winter squash, and potatoes.

#### BIOTIN (VITAMIN B7)

Biotin helps your body metabolize protein, fat, and carbohydrates, and also supports hair, skin, and nail health.\* Biotin is found in eggs, fish, meat, seeds, nuts, and sweet potatoes.

## FOLATE (VITAMIN B9)

Folate (also known as folic acid) is necessary for cells to divide, so it's especially important during pregnancy.\* Folate is found in fruits and vegetables (especially dark, leafy greens), nuts, beans, seafood, and enriched breakfast cereals and grains.

## COBALAMIN (VITAMIN B12)

Vitamin B12 supports red blood cell formation, nervous system health, and converts food into cellular energy.\* Vitamin B12 is only found naturally in animal-based foods, like fish, meat, poultry, eggs and dairy products. Some plant-based foods like fortified breakfast cereals and fortified nutritional yeast have vitamin B12 added.

## WHAT IF I'M VITAMIN B12 DEFICIENT?

Two groups, older adults and vegetarians/vegans, may need to be mindful of their B12 intake. As they age, older adults may have a harder time absorbing B12. Also, since B12 is only found naturally in animal-based foods, vegetarians and vegans may find it harder to get enough B12. If you think you have a vitamin B12 deficiency, consult your health care provider.

## WHAT SUPPLEMENTS HAVE B VITAMINS?

There are several delicious B vitamin options with **vitafusion**<sup>™</sup> gummy vitamins, as a standalone or multivitamin supplement:

**vitafusion B12** provides an excellent source of B12 per serving with a yummy raspberry flavor.

**vitafusion extra strength B12**<sup>†</sup> provides 3,000 mcg of B12 in each two-gummy serving with a delicious cherry flavor.

**vitafusion biotin** is bursting with blueberry flavor and 5,000 mcg of biotin in each serving, to support hair, skin, and nails, as well as fat, protein, and carbohydrate metabolism.\*

Many **vitafusion multivitamins** contain B vitamins such as **vitafusion multivites**, **women's multi**, **men's multi**, and **50+ multi**.

There are so many benefits to B vitamins. Whether you want to enjoy them on their own or take a multivitamin with a variety of B vitamins, **vitafusion** has an option for you!

<sup>†</sup>Compared to 1,000 mcg of vitamin B12 per serving in vitafusion B12

Brought to you by the **vitafusion**<sup>™</sup> nutrition experts

**\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**