

## Vitamin B won't cure anxiety

They're often called the stress vitamins, but will B vitamins keep you calm and serene in the midst of deadlines, major life changes or nagging worries? Don't bet on it.

Who they are Thiamine (B1), Riboflavin (B2), Niacin (B3), Pantothenic acid (B5), Pyridoxine (B6), Biotin (B7 but also known as Vitamin H), Folic Acid (B9), and Cyanocobalamin (B12).

What they do The B vitamins break down fats, proteins and carbohydrates, providing energy, nourishing immune and nervous system function and maintaining muscle tone. It's hard to become deficient in them if you eat a reasonably balanced diet, but because they're water-soluble and not stored for any length of time, they need to be replenished daily.

Are they 'stress-busters' The B vitamins are effective for physical stress, such as injury or that which follows surgery, says Baylor College of Medicine dietician Roberta Anding. Such patients need more energy and nutrients to recover and B vitamins help them retrieve it from the foods they eat.

But what about psychological stress? Their reputation notwithstanding, Anding says there are no studies that show B vitamins are good for anxiety. Such stress doesn't increase nutrient or energy needs so taking them won't affect one's mental state.

If you take them Because B Vitamins work best in concert with each other, they're better taken as a complex than individually. Follow the prescribed amounts

In the water and double-effect of dry skin moisturizing ingredients, more professional, more effective contains pure green tea cream and the validity VB5 moisturizing ingredients, not only to increase their own skin to skin moisture holding capacity increase, but also in-depth cortex, because of added years passage of the loss of natural nutrients, so a new skin Huanran, Shuinen transparent.

Shopping advice:

- 1, in order to the timeliness of shipments, kick down, and shopkeepers Please contact for timely delivery.
- 2, if necessary line payments, or Internet banking payment, please contact with the owner.
- 3, Site at the same time support fast money online payment, online bank payment support to the quick-money accounts.

## About the Author

From [www.chron.com](http://www.chron.com):

While Vilantae is based primarily on Vitamin B5, Accutane is based on a derivative of Vitamin A. Skin B5 is a Vitamin B5 based acne treatment. Save money! We have Cosmetics comparison shopping information at mySimon. Compare prices and narrow the selection to items that have Vitamin.

If you are currently being treated with any of the following medications, you should not use vitamin B5 supplements without first talking. The body uses pantothenic acid, also known as vitamin B5, to break down. Nutritionists categorize vitamins by the materials that a vitamin. Mushrooms are an excellent food source of vitamin B5 while cauliflower is a very. Vitamin B5, most commonly called pantothenic acid, is a member. Information, advice, facts, articles, links, news, and answers to questions regarding vitamin. Research done on Vitamin B5 proves the vitamin is effective as a healing agent and in the treatment. How to Treat Acne with Vitamin B5. Many people use various vitamin supplements to treat common beauty problems, including unhealthy hair, skin and nails.

Source: <http://www.productsherbal.com>