






Vitamin B deficiency table

	Thiamin (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Vitamin B6 (pyridoxine)	Biotin (B7)	Folic acid (B9)	Vitamin B12 (cyanocobalamin)
	Confusion, irritability	Anxiety	Confusion, irritability, dementia	Insomnia	Irritability, confusion, insomnia, depression	Depression, hallucinations		Mental problems such as depression and memory loss
	Poor arm/leg coordination, staggering		Dizziness		Muscle twitching Convulsions	Nausea		
	Lethargy / fatigue			Fatigue	Anemia	Fatigue	Fatigue, anemia (megaloblastic)	Tiredness and fatigue
	Muscle weakness		Weakness			Weakness, muscle pain	Weakness	Shortness of breath
	Enlarged heart / heart failure					Abnormal heart actions		Heart palpitations
	Involuntary movement of the eyeball Paralysis of the eye muscles	Reddening of the cornea Inflamed eyelids and sensitivity to light						Vision loss
		Inflamed and swollen tongue Cracks and redness in the tongue and corners of the mouth	Inflamed and swollen tongue		Smooth tongue and cracked corners of the mouth	Cracked sore tongue		Smooth tongue
		Hair loss				Hair loss		
		Skin rash	Dermatitis		Dermatitis	Dry skin and scaly dermatitis Pale or grey skin		
			Loss of appetite, diarrhea	Loss of appetite, vomiting, intestinal distress, constipation		Loss of appetite		Lack of appetite
							Weight loss	Weight loss
	Swelling						(Pregnancy) an increased risk of a neural tube defects such as spina bifida for the baby	

Summary

Are you easily tired and irritated? Do you suffer from muscle pain or twitching? Hair loss? Do you regularly suffer from eczema or other skin rashes or ulcers around the mouth? Do you have an irregular unhealthy diet and a poor appetite? If so, you need some B!

Sources:

Department of Health & Human Services, State Government of Victoria, Australia, in association with Deakin University (2019)