




WHAT YOU PROBABLY DON'T KNOW ABOUT B-VITAMINS

A THOROUGH OVERVIEW
ON B VITAMINS AND METHYLATION



LET'S TALK ABOUT ONE OF MY FAVORITE TOPICS -
B VITAMINS! WHILE ALL VITAMINS AND MINERALS
PLAY AN IMPORTANT ROLE IN KEEPING THE BODY
FUNCTIONING OPTIMALLY, THIS SET OF EIGHT IS
ONE OF THE MOST CRITICAL GROUPS! **B VITAMINS
COVER A SPECTRUM OF ISSUES, FROM SLEEPING
WELL, TO STABILIZING MOOD, TO REDUCING
SUGAR CRAVINGS, TO HELPING US MANAGE
STRESS.** I ALWAYS RECOMMEND STARTING WITH
WHOLE, NUTRIENT DENSE FOODS TO GET YOUR
VITAMIN NEEDS, AND THEN UNDERSTANDING HOW
SUPPLEMENTS CAN HELP!
WHOLE FOODS CONTAIN THE NECESSARY CO-
FACTORS TO HELP US ABSORB AND UTILIZE WHAT
WE'RE TAKING IN.

SO, WHAT ARE THE TOP FOODS I RECOMMEND FOR
INCREASING YOUR B VITAMINS?

B-VITAMINS, CONT...

In short...all of them! When it comes to B vitamins, they are present in so many foods that the best thing to do is get a huge variety of foods to make sure you're hitting them all! But of course, if you're curious about which B vitamins help which aspects of health, here's a quick reference chart for you:

I experience...	Which means I might be deficient in...	So I should consider adding this to my diet
Fatigue or irritability	Vitamin B1, Thiamine	Beef, oranges
Cracks on the corners of my mouth or itchy skin	Vitamin B2, Riboflavin	Salmon, spinach
Sun rash, apathy, or depression	Vitamin B3, Niacin	Liver, peanuts
Insomnia	Vitamin B5, Pantothenic Acid	Mushrooms, avocados
Mood swings, low energy, or cracked and sore lips	Vitamin B6, Pyridoxine	Whey, carrots
Hair loss	Vitamin B7, Biotin	Yeast, sweet potatoes
Loss of appetite, mental sluggishness, or vitamin-deficient anemia	Vitamin B9, Folate	Legumes, eggs
Lightheadedness, weakness, or vitamin-deficient anemia	Vitamin B12, Cobalamin	Clams, full-fat yogurt

Want to know one of my favorite parts about B vitamins? Our body is so incredibly smart, that it knows exactly how much of each type of B vitamin it needs. If we eat too much? We'll just pee it out! This means that the chances of "overdosing" on B vitamins are incredibly rare. But like most things in life - getting enough B vitamins isn't so simple.

B-VITAMINS, CONT...

When we eat food, it has to go through a lot of processes to get to the absorption, or usable, phase. Sometimes our bodies are great at it, and sometimes they are preoccupied doing other functions. So even if we are eating a ton of B vitamin rich foods, we could be missing out on the entire host of benefits! That's why I was recommending a B vitamin complex as an important supplement long before I developed Empirica.

But here's the catch. Not all B vitamin complexes are created equal. There are some basic reasons, like quality, but there are some more complex ones as well. This is where the hot topic of **methylation** comes up. Methylation is an important bodily function. It helps with truly life-changing processes, like DNA expression and neurotransmitter creation, but also with proper detoxification, all the metabolisms (from fat to estrogen), and cellular energy.

Why is methylation frequently talked about in the topic of B vitamins? Because at the core, methylation only works when it has a shuttle. Methylation is a process - it is the act of giving away four atoms from one substance to another. But those atoms only transfer through S-adenosylmethionine (SAME). SAME is only able to perform its job when folate (Vitamin B9) is present. Sounds simple enough in theory, but the truth is that a **high percentage of the population have a gene that makes it incredibly challenging for our bodies to produce the active form of folate, known as 5-MTHF**. That means that even if you consume all the folate in the world, for some people actually using it can be nearly impossible. If that was all a little much to take in, here is what that all boils down to: a sizable amount of people, through no fault of their own, have difficulty performing basic human functions

UNLESS...

B-VITAMINS, CONT...

they can get their folate in its methylated form before it enters their bodies.

So, breathe easy! YES it's a problem, but YES there is a great solution.

Aside from examining a B complex for 5-MTHF, there are two other things I want to point out. If there isn't 5-MTHF in your complex (or you know you don't have the methylation mutation), make sure you get one **that has folate and not folic acid**. Folic acid is a synthetic, man made substitute for natural folate. It's cheaper to make which is why it often shows up (in both B complexes and your typical off-the-shelf multi-vitamin). But, it is WAY harder for our body to use any of it - you might as well not be taking any folate at all!

Vital Bs from Empirica is it! It has 5-MTHF, active forms of B2, B6, and B12, and includes one of my favorite bonus nutrients, choline, which is critical for brain function and metabolism. Which is all why I am so excited to share it at this month's product of the month!

And I am twice as excited to feature it in January because all B vitamins are water-soluble, meaning getting hydrated is the single most important part of absorbing them. So, featuring NUUN as our sponsor of the month was the absolute perfect fit to tell this entire story :)

I hope this was helpful and informative! If you learned something new, I'd love it if you shared with me! Use #empress2020 on Instagram so I can see!