



THIAMINE



Injection 50-100 mg

IV Therapy 100 mg

Thiamine, also known as vitamin B1, is an essential water-soluble vitamin that plays a crucial role in various physiological functions.

Energy Production:

Thiamine is essential for converting carbohydrates into energy. It acts as a coenzyme in the metabolism of glucose, the primary energy source for the body.

Nervous System Health:

Supports the proper functioning of the nervous system by facilitating the synthesis of neurotransmitters and maintaining nerve conduction. Can help prevent neurological disorders, such as Wernicke-Korsakoff syndrome, particularly in people with alcohol dependency.

Heart Function:

Plays a role in maintaining healthy heart muscles and ensuring proper cardiac function by supporting energy production in cardiac cells.

Brain Function:

Supports cognitive functions, memory, and concentration. Deficiency can lead to mental confusion and impaired short-term memory.

Digestive Health:

Promotes healthy digestion by assisting in the production of hydrochloric acid, which is necessary for breaking down food, and is shown to help decrease constipation.

Prevention of Beriberi:

Thiamine deficiency leads to beriberi, a condition characterized by weakness, nerve damage, and cardiovascular symptoms.

Antioxidant Role:

Helps protect the body against oxidative stress by participating in the detoxification of harmful metabolic by products.

Support for Metabolic Functions:

Aids in the metabolism of fats, proteins, and carbohydrates. Supports the synthesis of nucleotides, which are vital for DNA and RNA production.

Mood & Stress Regulations:

May help improve mood & stress by supporting the adrenal glands and neurotransmitter balance. This may help with treating anxiety and panic disorders.

Dietary Source of Thiamine:

- Whole grains (e.g., brown rice, oats)
- Legumes (e.g., lentils, black beans)
 - Nuts and seeds
 - Pork

Fortified cereals and bread

- Potatoes
- Asparagus
- Green peas



*This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this handout.