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Thiamine, also known as thiamin and vitamin B1, is a vitamin – an essential micronutrient for humans and animals. [1][3][4] It is found in food and commercially synthesized to be a dietary supplement or ... Nov 13, 2023 · Vitamin B1, or thiamin, is essential for glucose metabolism and healthy nerve, muscle, and heart function. A deficiency of vitamin B1 can be fatal. Overview: Thiamine (vitamin B1) is commonly used to increase vitamin B1 levels and treat vitamin B1 deficiency. It is available in various forms, including as a prescription and as a dietary... Apr 7, 2026 · Vitamin B1, also known as thiamin, plays a crucial role in energy metabolism, helps maintain nerve function and supports a healthy heart. Mar 14, 2023 · Thiamine (vitamin B1) is one of the eight essential B vitamins. Though rare in places with food and supplements, vitamin B1 deficiency can occur with some medical conditions. Symptoms ... Jan 15, 2024 · Your body needs vitamin B1 (thiamine) for energy and to protect the health of your brain, heart and nervous system. Adults need 1 mg to 1.4 mg daily. Mar 6, 2026 · Vitamin B1 is also known as thiamine. Vitamin B1 is found in foods such as cereals, whole grains, meat, nuts, beans, and peas. Vitamin B1 is important in the breakdown of carbohydrates from ... Thiamin (thiamine), or vitamin B1, is a water-soluble vitamin found naturally in some foods, added to foods, and sold as a supplement. Thiamin plays a vital role in the growth and function of various ... It is also known as vitamin B1. Thiamin is naturally present in some foods, added to some food products, and available as a dietary supplement. This vitamin plays a critical role in energy metabolism and, ... Nov 21, 2024 · What is a thiamine deficiency? A thiamine deficiency means your body doesn't have enough thiamine (vitamin B1) to function properly. Your body needs thiamine to stay healthy. ...

Vitamin B1 (Thiamin): Foods, benefits, and deficiency symptoms

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Thiamin - Vitamin B1 • The Nutrition Source

Thiamine - Wikipedia

7 Foods With the Most Thiamin for Heart and Brain Health - TODAY

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