

## **WHAT IS VITAMIN B<sub>1</sub>**

Thiamine, also known as thiamin or vitamin B<sub>1</sub>, is a vitamin found in food, and manufactured as a dietary supplement and medication. Food sources of thiamine include whole grains, legumes, and some meats and fish.

## **CAUSES OF VITAMIN B<sub>1</sub>**

- Loss of Appetite. ...
- Fatigue. Fatigue may occur gradually or suddenly. ...
- Irritability. Irritability is the feeling of agitation and frustration. ...
- Reduced Reflexes. ...
- Tingling Sensation in Arms and Legs. ...
- Muscle Weakness. ...
- Blurry Vision. ...
- Nausea and Vomiting.

## **SYMPTOMS OF THIAMINE (VITAMIN B<sub>1</sub>)**

1. Loss of Appetite
2. Fatigue
3. Irritability
4. Reduced Reflexes
5. Tingling Sensation in Arms and Legs
6. Muscle Weakness
7. Blurry Vision
8. Nausea and Vomiting
9. Changes in Heart Rate
10. Shortness of Breath
11. Delirium

## **NEUROTHErapy TREATMENT**

NORMAL-AJAY NORMAL TREATMENT FORMULA