

# Thiamin (B1)

## Why do we need it?



- Helps the body breakdown and release energy from food
- Supports the overall health of the nervous system

**Recommended Daily Allowance:** depends on gender

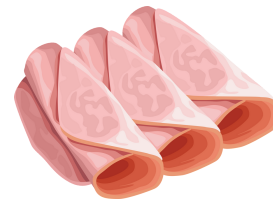
Men = **1mg**

Women = **0.8mg**



= **0.47mg**

28g of Sunflower seeds



= **0.4mg**

63g of Ham



= **0.2mg**

28g of Pistachio Nuts



= **0.5mg**

150g of Mussels

## Symptoms of Deficiency

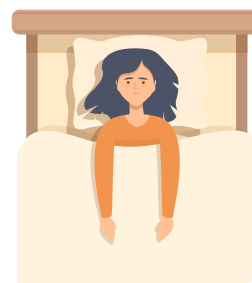
Fatigue



Poor Memory



Poor Sleep



Abdominal Discomfort

