

B Vitamins and Mental Health

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Vitamins Mental Health Tiffany Gilliam

Tiffany M. Gilliam



Vitamins Mental Health Tiffany Gilliam:

B Vitamins and Mental Health Tiffany M. Gilliam, 2015-12-19 This book explores B vitamins and mental health Vitamin B Complex one of the most essential and vital group of vitamins makes up the nutritional powerhouse in our bodies The mortality rate associated with the severe deficiency of vitamin B is high in which it is mainly involved in regulating the central nervous system therefore it can be said that vitamin B complex is required in every important biochemical process taking place in our body This key vitamin group plays an important role in regulating bodily functions mental health and various cognitive processes and provides mental stability and emotional balance for the wholeness of man therefore it can be said that vitamin B complex is required in every important biochemical process taking place in our body This key vitamin group plays an important role in regulating bodily functions mental health and various cognitive processes and provides mental stability and emotional balance for the wholeness of man

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