

# Vitamin B1



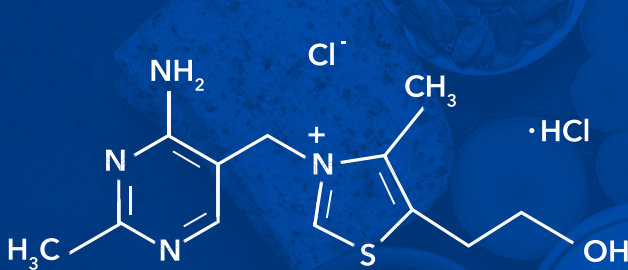
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**Vitamin B1 (THIAMINE)** was the first water-soluble vitamin to be isolated. It is reported as a sum of two chemical compounds determined by HPLC with FLD detection after pre/post column derivatization.

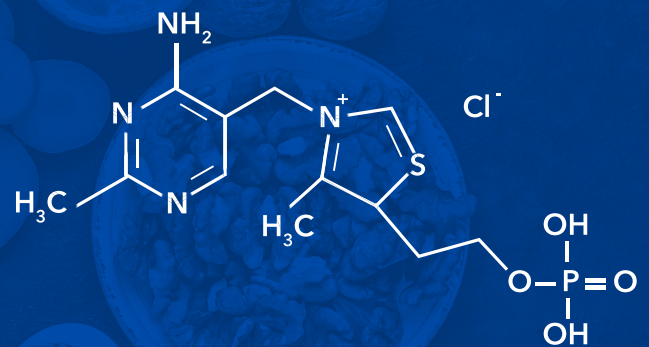
## Functions/Health effect:

Thiamine helps the body convert carbohydrates into glucose, which body uses to produce energy. It strengthens the immune system and improves the body's ability to withstand stressful conditions, hence it is sometimes called "anti-stress" vitamin. Vitamin B1 helps prevent complications in the nervous system, brain, muscles, heart, stomach, and intestines.

Thiamine Hydrochloride



Thiamine monophosphate chloride



## Sources:

Vitamin B1 is an essential micronutrient, which can't be made in our body. Therefore, it shall be consumed from food, or it can be provided in the form of dietary supplement. Thiamine occurs naturally in meats (pork, beef, poultry, organ meats), fish, legumes, nuts and whole grains and it is also added to breads, cereals and baby formulas.

## Did you know that?

Thiamin is destroyed by high-heat cooking or long cooking times. It also leaches into water and will be lost in any cooking or soaking water that is thrown out. It may also be removed during food processing, such as with refined white bread and rice. Therefore, thiamin is added back to many breads, cereals, and grains that have undergone processing.

Beriberi, disease caused by deficiency of vitamin B1, occurred exclusively amongst the richer members of society in the past. The rich used to wash their rice so well that they removed the grain husk which contained vitamin B1, whereas the poor did not care that much and consumed enough vitamin B1 as a result.

Food  
division

