

## Vitamin B1 (Thiamin)

Functions: converts food to energy, maintains healthy hair, nails, and skin, aids in mental focus and brain function

Sources: baker's yeast (active yeast), nutritional yeast (nonactive yeast), coriander, pine nuts, Jerusalem artichokes, hibiscus tea, watermelon, whole grains, acorn squash, soymilk, soybeans, rice bran, wheat germ, sunflower seeds, macadamia nuts (or butter), tahini, sesame seeds, spirulina, green peas, most beans, asparagus

## Vitamin B2 (Riboflavin)

Functions: converts food to energy, maintains healthy hair, nails, and skin, aids in mental focus and brain function

Sources: cereal grasses, whole grains, almonds, sesame seeds, spinach, fortified soy milk, spirulina, mushrooms, beet greens, [quinoa](#), buckwheat, prunes

[This amazing raw vegan chocolate mousse](#) is a great way to indulge and get a nice amount of Vitamin B2.

## Vitamin B3 (Niacin)

Functions: converts food to energy, maintains healthy hair, nails, and skin, aids in mental focus and brain function

Sources: baker's yeast (active yeast), nutritional yeast (nonactive yeast), coffee, chili powder, spirulina, peanuts, peanut butter, rice bran, mushrooms, barley, durian fruit, potatoes, tomatoes, millet, chia, whole grains, wild rice, buckwheat, green peas, avocados, sunflower seeds, tahini

## **Vitamin B5 (Pantothenic Acid)**

Functions: converts food to energy, maintains healthy hair, nails, and skin, aids in mental focus and brain function

Sources: baker's yeast (active yeast), [nutritional yeast](#) (nonactive yeast), paprika, mushrooms, sunflower seeds (and sunbutter), whole grains, broccoli, mushrooms, avocados, tomatoes, soy milk, rice bran, sweet potatoes

Here's [a dish that combines tempeh, quinoa, and nutritional yeast](#) to give you a nice dose of Vitamin B5.

## **Vitamin B6 (Pyridoxine)**

Functions: aids in maintaining homeostasis, prevents anxiety by helping the amino acid tryptophan convert to niacin and serotonin for healthy nerve function and also helps ensure a healthy sleep cycle, appetite, and mood, red blood cell production, immune function

Sources: all soy products (choose non-GMO), bananas, watermelon, peanut butter, almonds, sweet potatoes, green peas, avocados, hemp seeds, spirulina, chia seeds, beans, rice bran, chickpeas, prunes, wheat germ, sunflower seeds, pineapple, plantains, hearts of palm, artichokes, water chesnuts, all squash and pumpkin, Brussels sprouts, green beans, pistachios, figs, nutritional yeast, baker's yeast (active yeast), garlic, sage, peppers, kale, collards

## **Vitamin B7 (Biotin)**

Functions: converts food to energy, helps reduce blood sugar by synthesizing glucose, helps make and break down fatty acids, needed for healthy hair, skin, and nails

Sources: almonds, chia, peanuts, sweet potatoes, peanut butter, peanuts, onions, oats, tomatoes, carrots, walnuts

## **Vitamin B9 (Folate)**

Functions: merges with Vitamin B12 and Vitamin C to utilize proteins and is essential for healthy brain development and for healthy red blood cell formation, essential for pregnant women to get enough of

Sources: [spinach](#), beans, lentils, asparagus, lettuce, tomatoes, broccoli, avocados, mangoes, oranges, most whole grains, nutritional yeast (nonactive yeast), baker's yeast (active yeast), basil,

soy products, peanuts, artichokes, cantaloupe, walnuts, flax, sesame, cauliflower, tahini, sunflower seeds, peas, okra, celery, hazelnuts, mint, leeks, chesnuts

## **Vitamin B12 (Cobalamin)**

Functions: red blood cell production, needed for optimal brain function to prevent depression and mania, aids in digestion, improves iron uptake, critical for all aspects of health

Sources: soy products, fortified cereals (choose an organic, non-GMO brand), fortified almond milk (brands vary), fortified coconut milk (brands vary), some vegan protein powders, nutritional yeast (one of the best), [spirulina](#) (best source)