VITAMIN B1

Profile Details | 1 Parameters

Fasting: Fasting is not mandatory | Report Time: Within 6 Days

Specimen Required: Blood

Price- ~~₹6000~~ **₹4399**

Parameters Included

About This Test

Vitamin B1, also known as thiamine, is a water-soluble vitamin that plays a crucial role in energy metabolism and the proper functioning of the nervous system. It is essential for converting carbohydrates into energy, as it helps enzymes in the process of breaking down sugars within the body. Thiamine is also important for muscle contraction, nerve signaling, and maintaining the health of skin, hair, and liver. Deficiency in vitamin B1 can lead to conditions such as beriberi, which affects the cardiovascular and nervous systems, and Wernicke-Korsakoff syndrome, a severe neurological disorder often associated with chronic alcoholism. Sources of thiamine include whole grains, meat (especially pork), fish, seeds, nuts, and legumes.

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**Fasting 10–12 hrs essential | *Limited Period Offer | *Reports within Within 6 Days*

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