# Article information:

10 Surprising Health Benefits of B Vitamins | Everyday Health
<https://www.everydayhealth.com/pictures/surprising-health-benefits-b-vitamins/>

# Article summary:

1. B vitamins are essential for the body to operate at its best and there are eight different types.

2. Adequate levels of B6, B9, and B12 may lower the risk of heart disease and stroke.

3. Vitamin B12 is essential for building blood cells and maintaining healthy nerve cells in the body, and a deficiency can lead to anemia.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "10 Surprising Health Benefits of B Vitamins" by Everyday Health provides an overview of the different types of B vitamins and their health benefits. The article highlights the importance of B vitamins in releasing energy from food, forming red blood cells, and reducing the risk of heart disease. However, there are some potential biases and missing points of consideration in the article.

One potential bias is that the article focuses mainly on the benefits of B vitamins without discussing any potential risks or side effects. While B vitamins are generally safe when taken in recommended doses, excessive intake can lead to adverse effects such as nerve damage, skin flushing, and liver damage. The article also does not mention any possible interactions with medications or medical conditions that may affect vitamin absorption.

Another issue is that the article presents some claims without providing sufficient evidence to support them. For example, it states that vitamin B3 (niacin) can improve cholesterol levels and reduce the risk of cardiovascular events but does not provide any studies or sources to back up this claim. Similarly, it suggests that high-dose riboflavin supplementation can help reduce migraine frequency and severity but does not provide information on how much riboflavin is needed or what constitutes a high dose.

The article also has some missing points of consideration. For instance, it notes that many vegetarians and vegans may be deficient in vitamin B due to its animal sources but does not offer any suggestions for plant-based sources of these nutrients. Additionally, while it mentions that older adults are more likely to have a vitamin B12 deficiency, it does not discuss why this is the case or what steps can be taken to prevent deficiency in this population.

Overall, while the article provides a useful overview of the health benefits of B vitamins, it could benefit from more balanced reporting that includes potential risks and side effects as well as more detailed evidence for its claims. It would also be helpful to include information on plant-based sources of B vitamins and strategies for preventing deficiency in older adults.

# Topics for further research:

* Plant-based sources of B vitamins for vegetarians and vegans
* Risks and side effects of excessive B vitamin intake
* Interactions between B vitamins and medications or medical conditions
* Recommended doses of riboflavin for migraine prevention
* Causes of vitamin B12 deficiency in older adults
* Strategies for preventing vitamin B12 deficiency in older adults

# Report location:

<https://www.fullpicture.app/item/e49e70b863390d561d0977e886c32812>