

— Vitamins, Minerals & Dietary Fatty Acids

Vitamins

Vitamins are substances that your body needs to grow and develop normally. There are 13 vitamins your body needs. They are Vitamin A, B vitamins (thiamine, riboflavin, niacin, pantothenic acid, biotin, vitamin B-6, vitamin B-12 and folate), Vitamin C, Vitamin D, Vitamin E, and Vitamin K.

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VITAMIN B1 (THIA...
(nmol/L)

150

Range: 78-185

VITAMIN B1 (THIAMINE), BLOOD

(nmol/L)



Result Comments

Vitamin B1 is required for branched-chain amino acid and carbohydrate metabolism. Clinical deficiency is most often due to alcoholism or chronic illness. In the early stage, patients with vitamin B1 deficiency exhibit anorexia, irritability, apathy, and generalized weakness. Prolonged deficiency causes beriberi.

For more information, visit <https://ods.od.nih.gov/factsheet/Thiamin-HealthProfessional/>

This test was developed and its analytical performance characteristics have been determined by Quest Diagnostics Nichols Institute, Chantilly, VA. It has not been cleared or approved by the FDA. This assay has been validated pursuant to the CLIA regulations and is used for clinical purposes.