

B Vitamins

There are several different kinds of B vitamins. The most commonly recognized B vitamins are Thiamin, Riboflavin, Niacin, and B12. You can see these vitamins listed on the nutrition labels of cereal boxes and you can often find them listed in parentheses behind “enriched flour” in the ingredients. B vitamins all participate in the Krebs’s Cycle. The Krebs’s Cycle is a chemical process that your body uses to produce ATP (or adenosine triphosphate). Your body’s cells use ATP for energy. So, the more ATP the body can produce, the more energy your student has to pay attention in school, play sport’s, dance, or do other various activities. Adults often buy B vitamin supplements to get extra energy. However, if you and your student eat a balanced diet and eat whole grains, you don’t need to buy the supplements.