

THIAMINE (B1) DEFICIENCY

Difficulty speaking

Fatigue

Weakness

CONFUSION



Loss of sensation

DIZZINESS

DEPRESSION

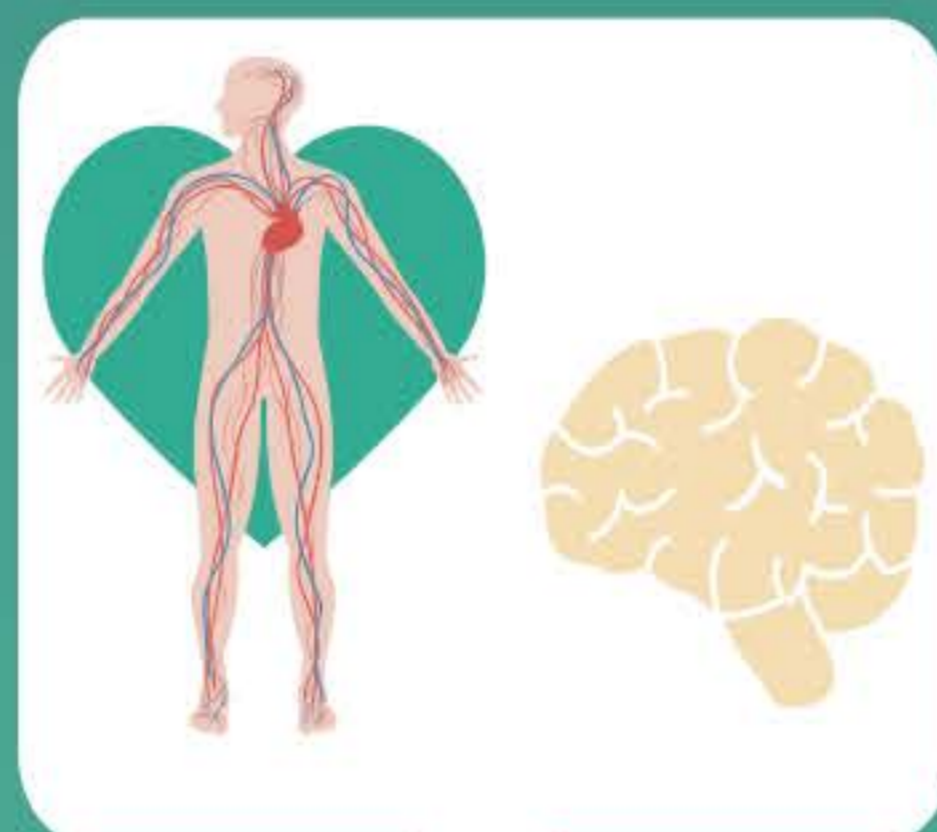
Tingling in legs

Strange eye movements

FACTS



Only get from food or supplement



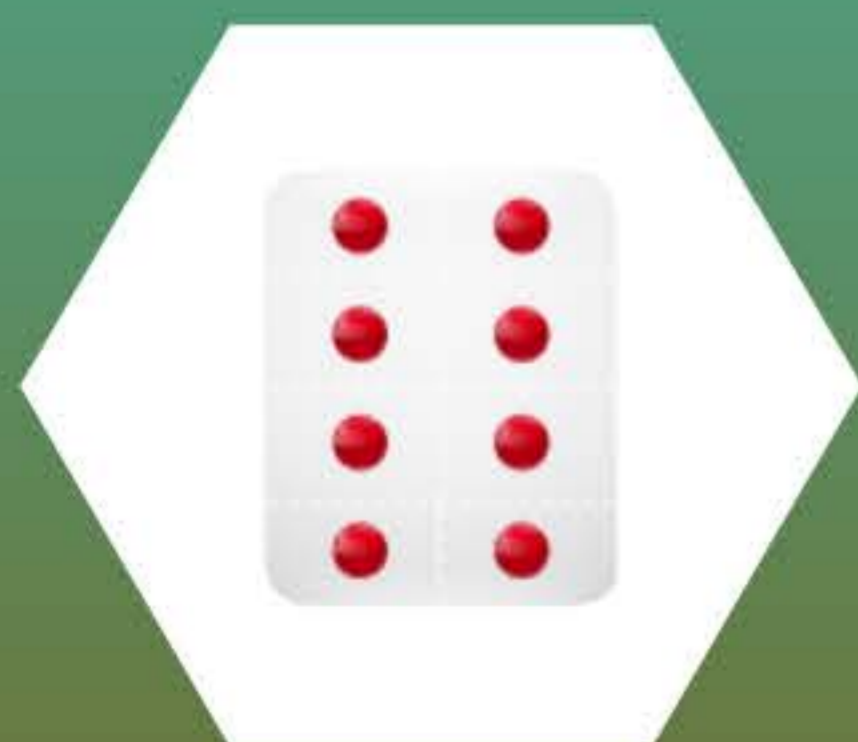
Deficiency damages brain, heart & nerves.



HG moms need more, >50% deficient

TREATMENT

3 mg/day minimum



Always get IV thiamine with glucose

100-500 mg IV BID/TID

