THIAMINE (B1) DEFICIENCY

**Symptoms**
- Difficulty speaking
- Fatigue
- Weakness
- Confusion
- Dizziness
- Depression
- Tingling in legs
- Strange eye movements

**Facts**
- Watermelon
- Brown Rice, Potatoes
- Eggs, Pork, Beef
- Sunflower seeds

- Only get from food or supplement
- Deficiency damages brain, heart & nerves.
- HG moms need more, >50% deficient

**Treatment**
- 3 mg/day minimum
- 100-500 mg IV BID/TID

*Always get IV thiamine with glucose*

© Kimber W. MacGibbon, RN (www.HelpHER.org)